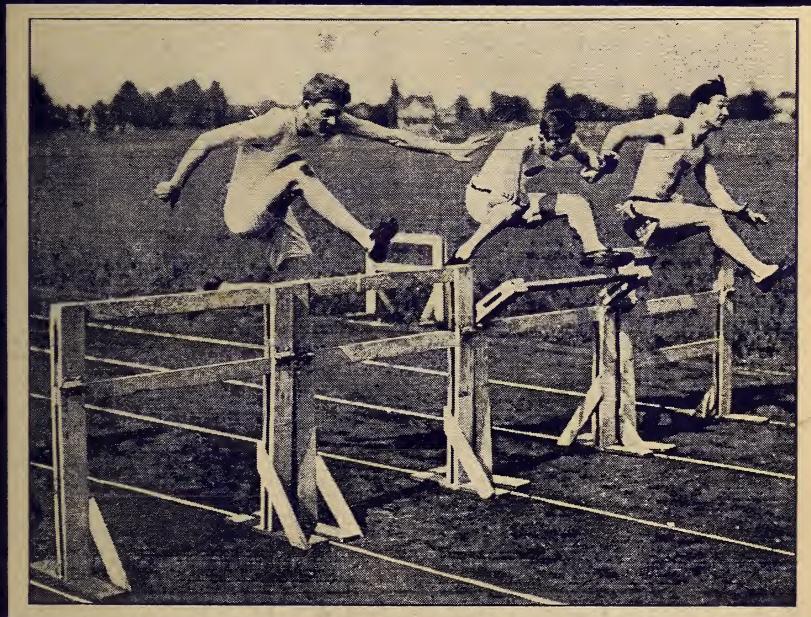


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# KOENIG'S ATHLETIC LIBRARY. *OFFICIAL HAND BOOK*

NEWARK  
PUBLIC SCHOOL ATHLETIC ASSOCIATION  
1909-10



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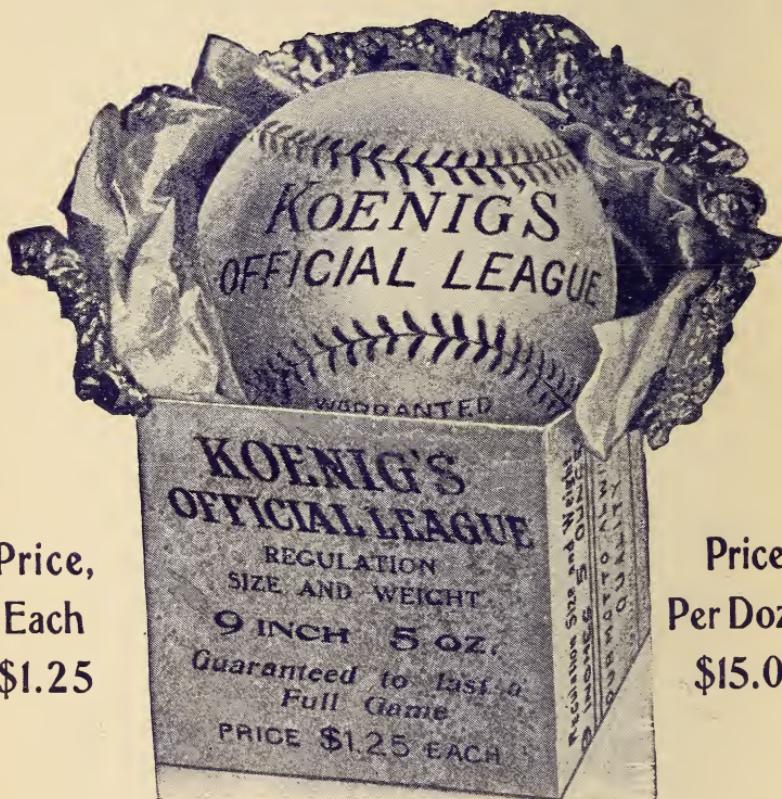
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Public school athletic association of Newark, New Jersey

KOENIG'S ATHLETIC LIBRARY

OFFICIAL HANDBOOK

. . . OF . . .

NEWARK PUBLIC SCHOOL  
ATHLETIC ASSOCIATION

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1909

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Editing Committee:

RANDALL D. WARDEN

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CLAUDE L. WEST

PUBLISHED BY

E. G. KOENIG'S SONS

875 BROAD STREET

NEWARK, N. J.

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EXECUTIVE COMMITTEE OF THE NEWARK PUBLIC SCHOOL  
ATHLETIC ASSOCIATION.

Published May, 1910.

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## A Letter From A. G. Balcom

### PRESIDENT NEWARK PUBLIC SCHOOL ATHLETIC ASSOCIATION.

TO THE BOYS AND GIRLS OF THE CITY OF NEWARK:

More and more do we realize the importance of health and strength to carry on the work that has been given us to do. Health is vital to our happiness, for without it we can do but little and enjoy less. Health involves the growth and development of every part of the body, and requires nourishing food, sleep, exercise, rest, recreation, and work. The happiest people in the world are, as a rule, the busiest—busy with the work of the world that is worth while—busy oftentimes to the point of mental or physical exhaustion. They have learned through experience how to use and conserve the energies of body and mind for the accomplishment of worthy tasks.

My particular purpose in this letter is to emphasize the importance of a healthy body, for a healthy body is necessary to a healthy mind, and both are necessary to clean thoughts and clean actions. It is noteworthy that the benefactors of mankind in all lines of endeavor have been men and women of sturdy bodies and minds. Gladstone, the Grand Old Man, was a notable example. His remarkable virility up to the closing days of his life was due to a strong and vigorous body preserved during his career by systematic exercise. He was fond of every healthy and rugged sport including football, cricket, rowing, etc. His hewing down great oaks in the forests of Hawarden in his later years has become historic.

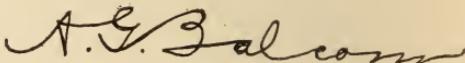
Washington was a man of splendid physique. It is said of him, "He was tall and strong, and fond of all out-door sports and games. In all trials of strength and in all deeds of daring, George took the lead; he could run faster, jump further, and throw a stone higher than any one in school. When he became a man he was over six feet in height, and was as straight as an arrow, and as tough as a whip-lash, while his fist was like a blacksmith's sledge-hammer."

Lincoln is another example where a great man possessed great physical stamina. When he was nineteen he was six feet four inches in height. No one in his neighborhood could

swing an axe so powerfully as he, or was his equal in strength.

Therefore, boys and girls, while you are training your minds do not neglect to build up strong and healthy bodies. Do not neglect plenty of exercise in the open air. Do not neglect the physical culture exercises of the class room which are given to correct any wrong development of the body incident to sitting in one position for any length of time. And lastly do not neglect to take part in the games that are proper for boys and girls to indulge in. The games and sports held yearly under the auspices of the Public School Athletic Association are a fitting climax to a system of physical culture. In these contests there is the preparation which gives time and opportunity to become skillful in a particular event, followed by a competition in which skill, strength and control are the important factors. Striving to do better than some one else gives an additional impetus to these games. Of course it goes without saying that a victory gives satisfaction and a feeling of exultation, but should be received modestly and without boasting. In the event of a defeat there is a great temptation to attribute it to unfairness rather than to the superior skill of your competitors. Therefore always be prepared to take a defeat in the right spirit.

I am, Yours very truly,



FRANKLIN SCHOOL, April, 1909.

PRESIDENT N. P. S. A. A.

## A Letter From Addison B. Poland

### CITY SUPERINTENDENT OF SCHOOLS

NEWARK, N. J., MARCH 28, 1910.

TO THE BOYS AND GIRLS OF THE PUBLIC SCHOOLS OF THE CITY OF  
NEWARK:

MY DEAR BOYS AND GIRLS:

Only a few weeks more and another year of school will be over. Most of you, I feel sure, will not be sorry, but glad,—glad to get rid for a while of the restraints of school, and to be out of doors in the open air. Some of you, perhaps, will be fortunate enough to go into the country or to the sea shore to spend your vacation. Still others may prefer to remain at home and attend the summer schools, or find work to do and be able to earn a few dollars as a foretaste of what the future has in store.

Vacation! What a delightful word! There is no other like it. It spells joy, sunshine and independence. Have you ever noticed how slowly the days drag along just before school ends? And how rapidly they fly just after! It is all right, boys and girls. But before the summer vacation is over, some of you, I am sure,—and all of you, maybe,—will be just as glad to have school begin as you are now to have it end. All day and no night, or all summer and no winter would make life unendurable. You are all a year older than when I last wrote you. What, I wonder, has school life done for you during the year? I know what you will answer: "Our minds are maturer, our knowledge greater, and our ambition still undaunted. We have studied hard and have made great progress in reading, writing, arithmetic, grammar, and other school studies. Sometimes, it is true, we have wondered why all these studies are necessary for boys and girls to fit them for life. Our teachers, however, have told us the reason: How every day it is becoming harder and harder to get on in the world successfully, requiring greater knowledge, power and skill." What your teachers have told you is undoubtedly true; but while you have been acquiring all these useful things, how about your bodies? Have you taken

good care of them? Is your health as good as it was a year ago?

If you were to ask me which is better to stand at the head of my class in studies and be weak in body, or at the foot of my class and be strong and healthy, I should unhesitatingly answer,—to stand at the foot of the class. Still, however, I put great value on scholarship, and on being able to stand at the head of the class—provided good health and joyous, hopeful spirits go along with it. It is a good thing to be a fine scholar; but it is a still better thing to be strong, active and healthy boys and girls. You will agree with me, I am sure, in saying that health is even more to be desired than wealth, or social position, or power, or fame, or success, or anything else in this world. And why is this so? Because health means ability to do a man's or a woman's work in the world, to make others happy and to be happy ourselves.

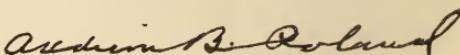
I wish to congratulate you boys and girls that you are soon to have an Athletic Field in which to hold your annual Field Day. The Board of Education has bought nine acres of land in the Roseville section of the city which is soon to be fitted up for your use.

I wish to congratulate you, also, that the Board is putting gymnasiums in all of the new school buildings, and is doing all that can be done to make the boys and girls of Newark happy and healthy and strong—as well as intelligent and useful. You will be grateful, I am sure, for these privileges and opportunities and will seek earnestly to prepare yourselves to become in the future honored citizens of our beloved city of Newark.

With my best wishes for your happiness and success in the coming Field Day.

I am sincerely yours,

..



*City Superintendent.*

## A Letter From Judge Frederick F. Guild

### PRESIDENT OF THE BOARD OF EDUCATION

TO THE BOYS AND GIRLS OF THE PUBLIC SCHOOLS OF NEWARK:

No department of our public educational system produces more satisfactory and beneficial results than that devoted to physical instruction and training of the school children. The work has come to be recognized as true education, and in public schools of other cities and in many of the private schools, a gymnasium course is compulsory.

The establishment of well equipped gymnasiums in a number of our grammar schools affords excellent facilities and opportunity for a course of systematic instruction under competent teachers to both girls and boys, which not only greatly improves their physical condition, but creates an enthusiastic desire for wholesome out door sports and games. The contests between the different schools in the annual out door athletic meet, arouses a keen interest among the children, boys and girls alike, and develops a strong school spirit.

Boys soon learn that games, whether played in the gymnasium or on the field, must be played fairly and honestly, and that to cheat is to lose; such a lesson surely makes an impression upon the character of the boys and has a salutary influence upon the discipline in the schools; the rule that a boy who does not stand well in his studies or deportment is disqualified from taking part either in gymnasium instruction or school games, is a stimulus for better scholarship and good behavior.

It may be said that in all this work there is a large element of play. That is undoubtedly true, but the play in it is what makes it attractive, for play is an essential part of a child's birthright.

Every municipality and board of education is under a duty to provide safe and proper places where the children may indulge in healthy games and sports. In thinly settled towns and in the country districts where there is plenty of open space, children have no difficulty in finding play grounds and can and do manage their own games. But in a large city, such as ours, there are few, if any vacant lots left in the central and congested sections where children may play, and unless provided with play-

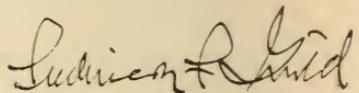
grounds, they are driven to use the streets, which is dangerous and often offensive to the neighbors.

In order that the children might have playgrounds it has been the policy of the Newark Board of Education wherever possible, to acquire ample space around the schools, and while in many instances this has been done at considerable cost, every one familiar with the conditions agrees that it has proved a splendid investment. In two of the recently erected schools, where the buildings occupy the entire ground area, the roofs of the buildings have been converted into playgrounds, and are declared to be a decided success. The nine acre plot at Roseville and Bloomfield Avenues, recently secured by the board as an Athletic Field, when developed and equipped will be a valuable acquisition and an incentive for greater activity and interest in school athletics.

The prominence attained by the Barringer High School athletic teams, is in a large measure unquestionably due to their earlier training in the grammar schools; and with the advantages that will come from the use of the new high school gymnasium, still further advancement may be reasonably looked for from the boys of that school in all forms of athletics and sports.

The money expended by the Board of Education for physical instruction and training, means for the children better morals, higher scholarship, improved school discipline and an amount of health and happiness not to be measured in dollars and cents.

Very truly yours,

A handwritten signature in cursive script, appearing to read "Julian R. Rand".

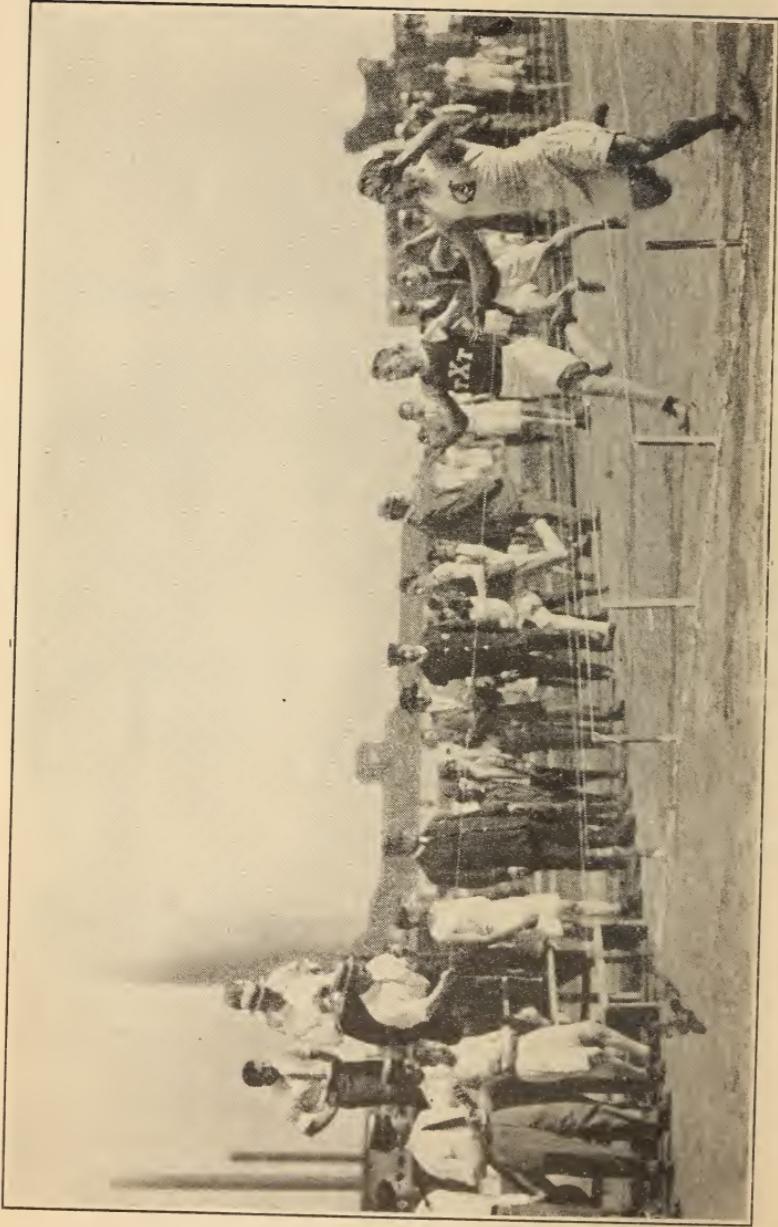
## A Letter From Mayor Jacob Haussling

TO THE PUBLIC SCHOOL ATHLETIC ASSOCIATION:

It gives me great pleasure to testify to the interest which I feel in the boys and girls of this Association, and to my belief that in their athletic sports they are accomplishing results that will eventually prove second in importance only to the knowledge they obtain from the books which they study in the schools. That your health and strength will increase will follow as a matter of course, but far more beneficial, I believe, to you and to the community, in which you must soon take an active part, will be the spirit of friendly rivalry, the pride in your schools and your fellow-pupils, the habits of obedience and the sense of discipline which you will get in such contests as you will hold on the track and in the field. The boys and girls of to-day will be the men and women of the future, and such lessons as these will be of infinite value to you in the larger life which opens to you as the school doors close behind you.

Yours very truly,

A handwritten signature in cursive script, appearing to read "Jacob Haussling".



100 YARD DASH—PUBLIC SCHOOL FIELD DAY.

## Officers of the Newark Public School Athletic Association.

### *President*

A. G. BALCOM.....Franklin School

### *Vice-President*

MARTIN L. COX.....13th Ave. School

### *Treasurer*

FRED W. FORT.....Hamburg Place School

### *Secretary*

FRANK H. HANSON.....South Market Street School

### *Assistant Secretaries*

L. H. CARRIS.....Burnet St. School

JAS. G. CUMBERLAND.....Ass't Director Physical Training

### *Executive Committee*

Joseph L. Terwilliger, 14th Avenue School

Claude L. West, Newton Street School

A. J. Glennie, Miller Street School

Randall D. Warden, Director of Physical Training

Charles A. MacCall, Director of Compulsory Education

R. A. MacDonald, Hawthorne Ave. School

S. H. McIlroy, Madison School

### *Honorary Members*

Dr. A. B. Poland, City Superintendent

David B. Corson, Assistant City Superintendent

J. Wilmer Kennedy, Assistant City Superintendent

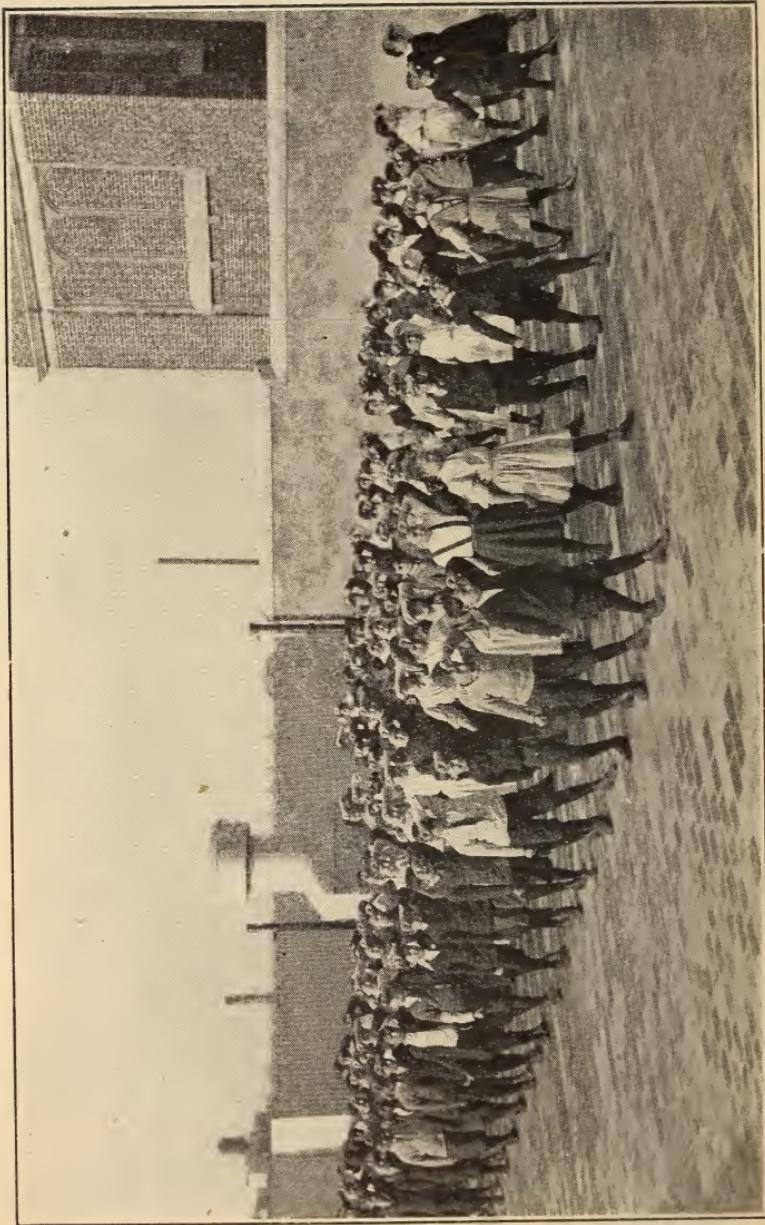
R. D. Argue, Secretary Board of Education

S. Gaiser, Superintendent of Supplies, Board of Education

Eli Pickwick, Jr., Director of Manual Training

Charles W. Slocum, Supervisor of Penmanship

E. K. Sexton, Secretary Board of Examiners



GYMNASTIC DRILL ON LAFAYETTE STREET SCHOOL ROOF.

## The History of the Newark Public School Athletic Association

The Newark Public School Athletic Association was formed on April 26th, 1904. The first move towards such an organization was made by Arthur G. Balcom and Elmer K. Sexton, and at their invitation a number of the principals met together and decided to organize for the purpose of promoting public school athletics, and invited all the principals of the city to take part and assist in maintaining an active association.

### REVIEW.

The first outdoor meet was held in June, 1904, and about five hundred boys competed in the different events. In 1905, the meet for the boys was carried out much the same as in the previous year with a large increase in the number of entries. In 1906, the same program was carried out again; in addition, the girls were permitted to take part in competitive gymnastic drills, and larger numbers participated. In 1907, the girls were allowed a separate meet, which was held in the assembly-rooms of various schools. Besides the gymnastic events, the meet included races of various kinds. Much interest was aroused at these girls' meets, and large audiences attended. Each year saw an enormous increase in interest and activity among the boys and girls. The third year, eleven hundred boys competed in various contests. In 1908, two thousand boys took part; in 1909, the number grew to four thousand.

### AIM.

The aim of the Newark Public School Athletic Association is to develop the rational activities of the boys and girls. Judicious athletic sports are peculiarly needed at this time by city children, first because of the changed conditions of life in the home and the factory. Nowadays the available source of muscular development is very largely arrested by the adoption of machines and mechanical contrivances. A city boy does very little of the manual labor which enabled his father and grandfather to grow up strong and virile. Secondly, the opportunities for play under normal conditions have been lost because there is no longer space left in our cities for athletic sports. Thus the boys themselves are unable to secure opportunities for their own development in these lines because of the large financial outlay necessary to hire athletic fields and because they are unable to attack the

administrative problems which are necessary to run successfully associations of an athletic nature.

To run and jump and to test who is the stronger is a racial instinct. By judiciously directing these energies, strong and healthy men and women will be developed. More than that, the boys and girls will be educated in courteous conduct, to be patient and tolerant in defeat, generous and magnanimous in victory. The influence of these meets, moreover, extends throughout all the schools and has a strong, wholesome effect. School loyalty is worth while.

Physical vigor and power are just as closely related to the development of manhood and womanhood as they ever have been. Realizing this, the principals of Newark have undertaken to help boys and girls to enjoy activities which, without some outside assistance, of a financial and administrative nature, would be beyond their reach.

#### ORGANIZATION.

Very careful thought and attention have been given to the organization of the association and to the formation of rules and regulations which shall accomplish the objects and purposes for which it was formed and to prevent the evil practices which so often work their way into competitive athletics. The first rule of the Association provides that no girl or boy can take part in an athletic event whose class-room deportment and attention to study are not satisfactory. Thus the association wields a very great influence over the disciplinary and mental qualifications of its members. The Association has always had in mind its opportunity to wield a moral influence also, for fairness, gentlemanly conduct, and truthfulness in all matters pertaining to competition. Again, the men who have been in charge of this Association have taken great care that no strain of over-work should be put upon the heart, internal organs, or nervous functions of the body, and several rules have been made to prevent this grave evil.

It has been made a rule that every boy or girl who desires to take part in athletics shall undergo a physical examination by the school doctor. It has been made a rule that a boy shall not enter more than two events, one a racing event, and the other a field event. Still another rule divides the boys into age and height classes so that the smaller boys shall not compete with the larger ones.

By far the most important regulation, however, is one devised to interest great numbers of pupils in all-round development. Standard contests they are called. This means that the com-

mittee has set a certain standard of proficiency in different events for pupils to attain in order that they may rank as average, normal children in feats of running, jumping, and chinning the bar. A button is given to every pupil who reaches a standard. More than four thousand buttons have been given out already, thus testifying to the popularity of this phase of school work.

#### CLASSIFICATION.

The classification for boys included two divisions, a junior, and a senior, and for several years this classification was adhered to. The prize events for these two classes were as follows:

JUNIOR	50-yard dash. Putting the 8-pound shot. Chinning the bar. Running high jump. Running broad jump. Standing broad jump. 440-yard relay. 440-yard relay (midget, limit 80 pounds).
SENIOR	100-yard dash. 220-yard dash. 120-yard hurdle race (10 hurdles 2 ft. 6 in. high). Chinning the bar. Putting the 12-pound shot. Running high jump. Running broad jump. Standing broad jump. 880-yard relay race. 880-yard relay race (midget, limit 90 pounds.) Pole vault.

The Standard events of the junior and senior classes were as follows:

#### STANDARD BUTTON EVENTS.

JUNIOR	Running broad jump (11 ft.). 50-yard dash (7 3-5 seconds). Chinning the bar (9 times). Running high jump (3 ft.).
SENIOR	Running broad jump (13 ft.). 100-yard dash (13 1-5 sec.). Chinning the bar (9 times). Running high jump (3 ft. 9 in.)

A button was given to any boy who made one of these stand-

ards. The next year, his record having been kept, if he made a second different standard, he was given a better button. The third year, having qualified in three different events, he received an official gold button indicating his success in three standards.

In 1909, certain changes were made in the prize events. The "chinning the bar" was taken away from the prize events, it being regarded as too severe a test on a boy's strength. When a boy was able to chin the bar forty times, it was deemed time to stop this event as a prize test. Also, for juniors "putting the shot" was discontinued, and, in addition, the "standing, hop, step, and jump" for juniors and the "running, hop, step and jump" for seniors were added.

#### NEW CLASSIFICATION.

For 1910 the committee has decided upon a new classification for the boys, and the same is as follows:

Juniors—9 to 13 years old, less than 4 ft. 10 in. height.

Intermediate—Under 15 years old, 5 ft. 3½ in. height.

Senior—Under 18 years old, any height.

The new standard events will be as follows:

JUNIOR	Standing broad jump (6 ft.). Chinning the bar (9 times). 50-yard dash (7 3-5 seconds).
INTERMEDIATE	Running broad jump (12 ft.). Running high jump (3 ft. 6 in.). 75-yard dash (10 3-5 seconds). Chinning the Bar (9 times).
SENIOR	Running broad jump (13 ft.) Running high jump (3 ft. 9 inches). Chinning the bar (9 times). 100 yard dash (13 1-5 seconds).

A button in the shape of a shield is still given to any boy who makes one of these standards. If he chooses, he may take two standards, one a field and one a track event, in the same year, or in two successive years. He is then entitled to a button in the shape of a silver arrow. Having qualified in three different events, which cannot be accomplished in less than two years, he is entitled to a third button in the shape of a gold shield.

The new prize events will be as follows:

JUNIOR	50 yard dash. Running high jump. Running broad jump. 440-yard relay race, 4 boys to a team.
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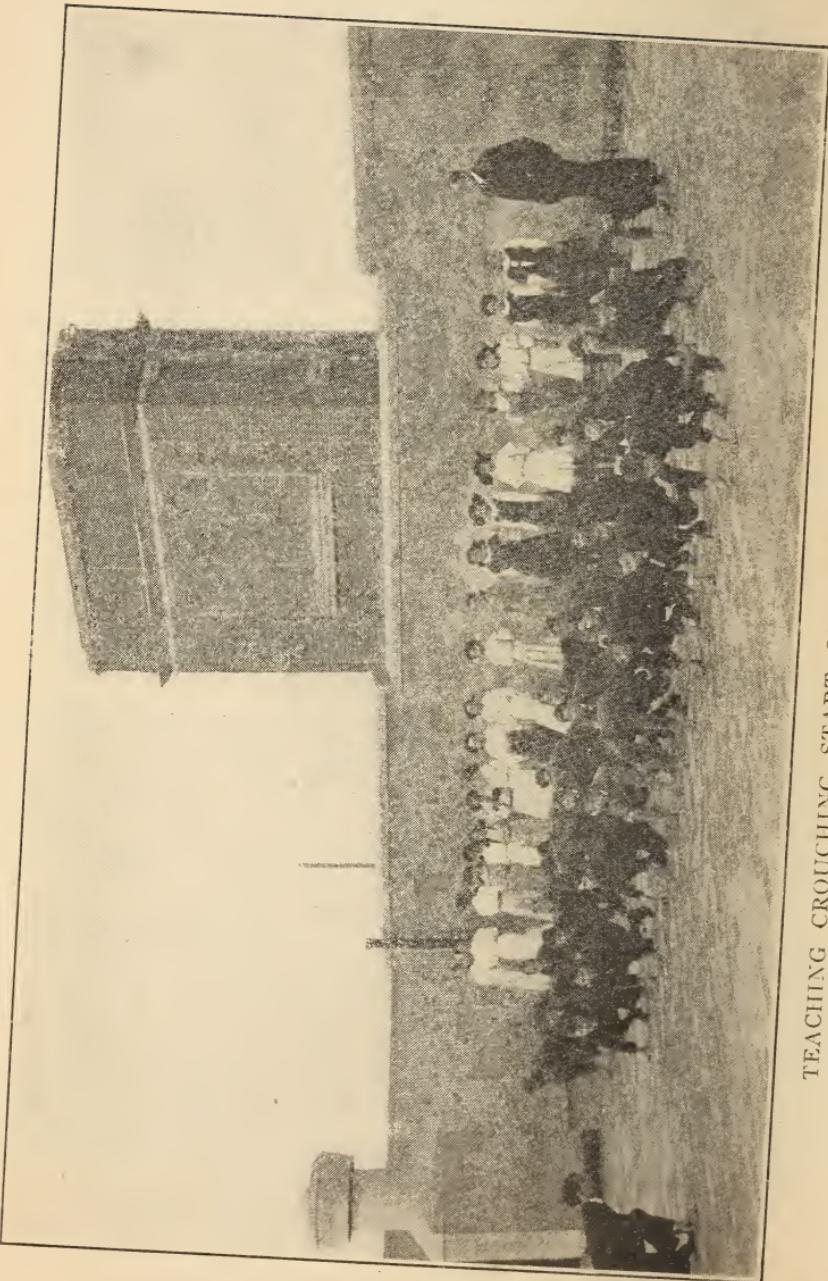
INTERMEDIATE	75-yard dash. Running high jump. Running broad jump. Standing, hop, step, and jump. Putting the 8-pound shot. 600-yard relay race, 4 boys to a team.
SENIOR	100-yard dash. 220-yard dash (boys in this race not eligible for the relay). 120-yard hurdle race (all hurdles to be left standing in order to make a record; more than 3 hurdles down constitutes a disqualification). Running high jump. Running broad jump. Pole vault. 880-yard relay race, 4 boys to a team. Putting the 12-lb. shot. Running, hop, step, and jump. A new class event, a 100-yard dash (80 per cent of the boys in a class to enter).

The Public School Athletic Association offers three prizes for each of these events; a gold, a silver and a bronze disc with a winged foot, in raised design.

The Newark Public School Athletic Association has fostered baseball, soccer football and basket-ball. Forty baseball teams were entered in four leagues last year. Soccer football has been running two years, and twenty-one teams were entered in two leagues last winter. Twenty-two teams competed for the basket-ball championship of the Newark Public Schools this year.

Since the last Official Handbook was published, the city of Newark has appropriated \$75,000 for the purchase and equipment of an athletic field. The Board of Education purchased a nine-acre plot of ground in the northwestern part of the city, and it is the expectation of the Association to hold the meets in their own field this year.

The rapid growth of the Association in six years, from a meet of six hundred boys to an entry list of six thousand boys and girls, indicates the growing necessity for athletic fields. The time is approaching when the attention of the Mayor must be called to the urgent need of an athletic field in the southern part of the city.



TEACHING CROUCHING START ON LAFAYETTE STREET ROOF.

## Special Trophies

### 1905

#### FLAG

For scoring the most points.  
Donor—Senator John F. Dryden  
Winner—Franklin School

#### CUP

For scoring the most points in track events  
Donor—Mayor Henry M. Doremus  
Winner—Franklin School

#### CUP

For scoring the most points in the field events  
Donor—President David MacIntyre  
Winner—Franklin School

#### BANNER

For scoring the most points in both field and track events  
Donor—High School  
Winner—Franklin School

#### TROPHY

For winning the Senior Relay Race (90 lbs.)  
Donor—Senator J. H. Bachellor  
Winner—Franklin School

#### TROPHY

For winning Senior Relay Race  
Donor—Wood's Business College  
Winner—South 8th Street School

#### TROPHY

For winning Junior Relay Race (80 lbs.)  
Donor—E. G. Koenig  
Winner—South 8th Street School

#### BANNER

For winning and scoring most points in standard events  
Donor—High School  
Winner—Newton Street School

#### TROPHY

For winning Junior Relay Race  
Donor—H. J. Koehler  
Winner—Summer Avenue School

**1906****BANNER.**

For scoring the most points in the meet  
 Donor—U. S. Senator John F. Dryden  
 Winner—Elliot Street School

**CUP**

For scoring the most points in both field and track prize events  
 Donor—Mayor Henry M. Doremus  
 Winner—Franklin School

**BANNER.**

For scoring the most points in field prize events  
 Donor—Board of Education  
 Winner—Franklin School

**BANNER.**

For scoring most points in track prize events  
 Donor—Dieges & Clust  
 Winner—Franklin School

**BANNER.**

For scoring most points in standard events  
 Donor—Newark Daily Advertiser  
 Winner—Thirteenth Avenue School

**CUP**

For winning the Senior Relay Race  
 Donor—Newark Sunday Call  
 Winner—Elliot Street School

**CUP**

For Winning Senior Relay Race (90 lbs.)  
 Donor—Joshua Brierly  
 Winner—Central Avenue School

**PLAQUE**

For winning Junior Relay Race  
 Donor—E. G. Koenig  
 Winner—Chestnut Street School

**PLAQUE**

For winning Junior Relay Race (80 lbs.)  
 Donor—H. J. Koehler  
 Winner—Summer Avenue School

# 1907

## BANNER

For scoring the most points in the meet  
Donor—Mayor Jacob Haussling  
Winner—Central Avenue School

## BANNER

For scoring the most points in both field and track prize events  
Donor—Alderman W. P. Martin  
Winner—Summer Avenue School

## BANNER

For scoring the most points in field prize events  
Donor—Lathrop Anderson  
Winner—Summer Avenue School

## BANNER

For scoring the most points in track prize events  
Donor—Samuel Clark  
Winner—Elliot Street School

## BANNER

For scoring the most points in standard events  
Donor—Newark Board of Education  
Winner—Newton Street School

## CUP

For winning the Senior Relay Race  
Donor—Assemblyman John Breunig  
Winner—Elliot Street School

## CUP

For winning the Senior Relay Race (90 lbs. limit)  
Donor—John C. Eisele  
Winner—Central Avenue School

## CUP

For winning the Junior Relay Race  
Donor—Robert D. Argue  
Winner—Chestnut Street School

## CUP

For winning the Junior Relay Race (80 lbs. limit)  
Donor—A. G. Balcom  
Winner—Fourteenth Avenue School

## BANNER

Suitable trophies given to the winners of the Oat Bag Relay  
Race, and the Indian Club Relay Race.  
Donors—C. H. Wintsch, Russel Brant, and others.



# 1908

## BANNER

For the school scoring the most points in the meet  
Honor—Hon. Jacob Haussling  
Winner—Central Ave. School

## BANNER.

For the school scoring the most points in both field and track  
prize events  
Donor—Rudolph A. Brann  
Winner—Summer Ave. School

## BANNER.

For the school scoring the most points in field prize events  
Donor—Joshua Brierley  
Winner—Central Avenue School

## BANNER.

For the school scoring the most points in track prize events  
Donor—John Breunig  
Winner—Summer Avenue School

## BANNER

For the school scoring the most points in standard events  
Donor—John C. Eisele  
Winner—Sussex Avenue School

## CUP

For the school winning the Senior Relay Race  
Donor—Dr. A. B. Poland  
Winner—Summer Ave. School

## CUP

For the school winning the Senior Relay Race (90 lb. limited)  
Donor—Louis V. Aronson  
Winner—Central Avenue School

## CUP

For the school winning the Junior Relay Race

Donor—Robert D. Argue

Winner—Summer Avenue School

## CUP

For the school winning the Junior Relay Race (80 lb. lim.)

Donor—Dr. C. H. Wintsch

Winner—Franklin School

## BANNER

For the school winning the Girls' Oat Bag Relay Race

Donor—Dr. Frank W. Pinneo

Winner—Central Ave School

## BANNER

For the school winning the Girls' Indian Club Relay Race

Winner—Hamburg Place School

## BANNER

For the school winning the Girls' Chariot Race

Donor—A. G. Balcom

Winner—Central Ave. School



# 1909

## BANNER

For the school scoring the most points in the meet  
(Girls and Boys)

Donor—Hon. Jacob Haussling, Mayor.

Winner—Franklin School

## BANNER

For the school scoring the most points in both field and track  
prize events (Boys)

Donor—Frederick F. Guild, President Board of Education

Winner—Summer Ave. School

## BANNER

For the school scoring the most points in field prize events (Boys)

Donor—Dr. A. B. Poland, City Supt. of Schools

Winner—Summer Ave. School

## BANNER

For the school scoring the most points in track prize events (Boys)

Donor—N. P. S. A. A.

Winner—Summer Ave. School

## CUP

For the school scoring the most points in standard events (Boys)

Donor—New York Sunday World

Winner—Sussex Ave. School

## CUP

For the school winning the Senior Relay Race. (Boys)

Donor—George W. Tomkins, Vice-Pres. Board of Education

Winner—Franklin School

## CUP

For the school winning the Senior Relay Race (90 lb. limit.)

(Boys)

Donor—E. G. Koenig's Sons

Winner—Franklin School

## CUP

For the school winning the Junior Relay Race (Boys)  
Donor—Robert D. Argue, Secretary Board of Education  
Winner—Central Avenue School

## CUP

For the school winning the Junior Relay Race (80 lb. limit.)  
(Boys)  
Donor—Louis V. Aronson  
Winner—Chestnut Street School

## CUP

For the school winning the Oat Bag Relay Race (Girls)  
Donor—Joshua Brierley  
Winner—Franklin School

## BANNER

For the school winning the Indian Club Relay Race (Girls)  
Donor—N. P. S. A. A.  
Winner—Fourteenth Ave. School

## BANNER

For the school winning the Chariot Race (Girls)  
Donor—N. P. S. A. A.  
Winner—Central Avenue School

## BANNER

For the school scoring the most points in the girls' events  
Donor—A. G. Balcom  
Winner—Central Avenue School

## Records of the Newark Public School Athletic Association

- 50-yard dash, 6 4-5 seconds. Eugene Ross, Summer Avenue; Lloyd Dimsey, Chestnut Street.
- 440-yard relay, 80 lbs., 57 seconds. Eugene Ross and team, Summer Ave.
- 440-yard unlimited, 57 2-5 seconds. Percy Smith and team, Chestnut St.
- Senior running broad jump, 19 ft. 10 inches. Elsworth Wyre, Morton Street.
- Senior running high jump, 5 feet 2½ inches. Rupert Mills, Franklin.
- Senior standing broad jump, 9 feet 5 inches. Manning Atchison, South Eighth Street.
- Senior chinning the bar, 29 times. Carlo Stephaneli, Central Avenue.
- Senior putting 12-lb. shot, 39 feet 4 inches. Walter Schwinn, Summer Avenue.
- Senior pole vault, 8 feet 8 inches. Claude Huson, South Eighth.
- Junior running broad jump, 15 feet 8 inches. Percy Smith, Chestnut Street.
- Senior running, hop, step and jump. 34 feet 10¼ inches. Jack Donovan, Summer Avenue.
- Junior running high jump, 4 feet 2 inches. Ripley Quimby, Miller Street; Wm. Knight, Franklin; Philip Danuff, Newton Street.
- Junior standing broad jump, 7 feet 11 inches. Eugene Ross, Summer Avenue.
- Junior chinning the bar, 30 times. Barney Inlander, Newton Street.
- Junior putting 8-lb. shot, 36 feet 1½ inches. Raymond McFee, Washington Street.
- Senior 100-yard dash, 11 1-5 seconds. Elsworth Wyre, Morton Street.
- Senior 220-yard dash, 26 1-5 seconds. Frank Brown, Elliot St.
- Senior 120-yard hurdle, 17 4-5 seconds. Chas. Kelley, Summer Avenue.
- 880-yard relay, 90 lbs., 1 minute 1 second. James Lynch, and team, Central Avenue.
- 880-yard relay unlimited 1 minute, 46 2-5 seconds. Frank Brown, and team, Elliot Street.

## Names of Prize Winners—Boys—1909

- Junior 50-yard Dash.  
James Dombrowsky. South Eighth Street School. 7 1-5 sec.
- Junior 440-yard Relay (80 lb.)  
Chestnut Street. 1 minute, 4 3-5 seconds.
- Junior 440-yard Relay (Unlimited).  
Central Avenue. 1 minute 3 4-5 seconds.
- Senior Running Broad Jump.  
Joseph Higgins—Central Avenue. 17 feet 4 3-4 inches.
- Senior Running High Jump.  
Roger Lane, South Eighth St. 4 feet 11 inches.
- Senior Standing Broad Jump.  
Francis Harris, Summer Avenue. 8 feet 4 3-4 inches.
- Senior Running Hop, Step and Jump.  
Jack Donovan, Summer Avenue. 34 feet 10 1-4 inches.
- Senior Putting 12 lb. shot.  
Walter Schwinn, South Eighth Street. 39 feet 4 inches.
- Senior Pole Vault.  
Claude Huson, South Eighth St. 8 feet 8 inches.
- Junior Running Broad Jump.  
Charles Christopher, City Home. 13 feet 5½ inches.
- Junior Running High Jump.  
Thomas Shirley. Hamburg Place. 4 feet 1 inch.
- Junior Standing Broad Jump.  
Julius Weinstock, Thirteenth Ave. 7 feet 2 inches.
- Senior 100-yard Dash.  
Geo. Williams, North Seventh St. 11 1-5 seconds.
- Senior 220-yard Dash.  
Joseph Higgins, Central Ave. 26 3-5 seconds.
- Senior 120-yard Hurdle.  
Vincent Napolielo, Central Ave. 17 4-5 seconds.
- Senior 880-yard Relay Race. (90 lb.)  
Franklin School, 1 minute 53 seconds.
- Senior 880-yard Relay (Unlimited).  
Franklin School, 1 minute 53 seconds.

## Names of Prize Winners—Girls—1909

Oat Bag Relay Race.  
Franklin School. Time not taken.

Chariot Race.  
Central Avenue. 10 seconds.

Indian Club Relay Race.  
Fourteenth Avenue, 40 4-5 seconds.

Potato Race.  
Ethel Marsh, Central Avenue. 24 4-5 seconds.



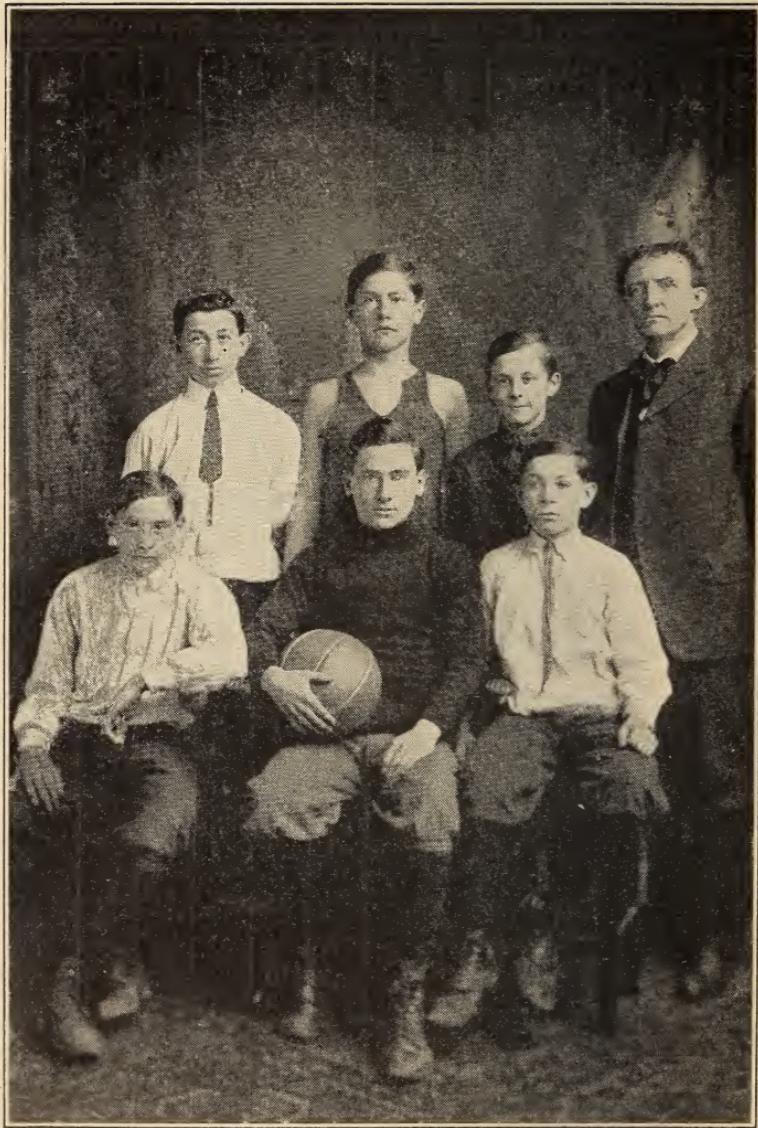
## Schools Who Have Won The Greatest

1909 TABLE OF POINTS IN BOTH PRIZE AND STANDARD EVENTS.

### Number of Points In All Events.

1909 TABLE OF POINTS IN BOTH PRIZE AND STANDARD EVENTS (Continued).

Prize Junior Standing Broad Jump	Junior Standing Broad Jump	Prize Senior 100-yard Dash	Senior 100-yard Dash	Prize Senior 220-yard Dash	Senior 220-yard Dash	Prize Senior 120-yard Hurdle	Senior 120-yard Hurdle	Prize Senior 880-yard Relay (90 lbs.)	Senior 880-yard Relay (90 lbs.)	Prize Senior 880-yard Relay (110 lbs.)	Senior 880-yard Relay (110 lbs.)	Standard Junior 50-yard Dash	Standard Senior Running Broad Jump	Standard Senior Chinning The Bar	Standard Junior Chinning The Bar	Standard Junior Running Broad Jump	Standard Senior Running High Jump	Standard Junior Running High Jump	Standard Senior Running High Jump	Standard Junior 100-yard Dash	Standard Senior 100-yard Dash	Total :									
2								2	11	8	16	10	5	4	8	13	11	10	6	6	6	3	33	3							
								8	2	2	2	2	5	2	1	14	19	12	2	2	2	3	43	43							
								5	5	5	5	5	5	5	1	1	19	19	19	1	1	1	3	33	33						
								4	8	5	8	11	13	14	1	1	12	12	12	1	1	1	4	25	25						
								6	5	5	5	5	5	5	1	1	12	12	12	1	1	1	3	24½	24½						
								6	6	6	6	6	6	6	1	1	12	12	12	1	1	1	6	58	58						
								6	5	5	5	5	5	5	1	1	12	12	12	1	1	1	6	6	6						
3								13	5	8	13	13	13	13	1	3	20	20	19	3	10	13	8	116	116						
								5	5	8	5	5	5	5	1	2	2	2	2	1	1	1	1	12	12						
								8	8	8	8	8	8	8	2	1	2	2	2	1	2	2	2	2	35	35					
								5	4	4	4	4	4	4	1	1	3	3	3	1	2	2	2	2	20	20					
								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	5	5	5					
								1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	6	26	26					
								16	16	16	16	16	16	16	6	6	64	64	64	1	10	10	10	10	107	107					
								11	11	11	11	11	11	11	1	1	1	1	1	3	3	3	3	3	16	16					
								10	10	10	10	10	10	10	9	9	25	25	25	2	17	24	24	24	35	229½	229½				
								29	29	29	29	29	29	29	2	2	16	16	16	1	12	43	43	43	16	140	140				
								4	4	4	4	4	4	4	1	1	1	1	1	1	1	1	1	1	8	8	8				
								15	15	15	15	15	15	15	1	1	3	3	3	1	1	1	1	1	28	28	28				
								6	6	6	6	6	6	6	3	3	9	9	9	1	1	1	1	1	22	22	22				
								4	4	4	4	4	4	4	12	12	12	12	12	3	3	3	3	3	2	2	2				
								21	21	21	21	21	21	21	1	1	1	1	1	7	4	4	4	4	16	16	16				
								6	6	6	6	6	6	6	2	2	2	2	2	7	4	4	4	4	11	11	11				
								19	19	19	19	19	19	19	1	1	23	23	23	1	11	21	21	21	10	121	121	121			
								2	2	2	2	2	2	2	1	1	2	2	2	1	2	2	2	2	3	3	3				
								20	20	20	20	20	20	20	2	2	6	6	6	1	2	5	5	5	9	68	68	68			
								17	17	17	17	17	17	17	3	3	19	19	19	2	1	5	5	5	1	40	40	40			
								1	1	1	1	1	1	1	2	2	2	2	2	1	1	1	1	1	5	5	5	5			
								2	33	33	33	33	33	33	7	7	21	21	21	2	8	8	8	8	2	11	11	11	11		
								12	12	12	12	12	12	12	2	2	2	2	2	2	1	1	1	1	1	28	28	28	28		
								9	9	9	9	9	9	9	7	7	21	21	21	2	2	2	2	2	7	7	7	7	18		
								3	3	3	3	3	3	3	3	1	1	3	3	3	2	2	2	2	2	2	2	2	2	15	
								5	5	5	5	5	5	5	1	1	1	1	1	3	3	3	3	3	1	1	1	1	1	59	
								12	12	12	12	12	12	12	3	3	3	3	3	2	2	2	2	2	1	1	1	1	1	24	
								33	33	33	33	33	33	33	3	3	12	12	12	11	2	2	2	2	2	1	1	1	1	1	131
								15	15	15	15	15	15	15	2	2	15	15	15	22	1	1	1	1	1	10	10	10	10	10	76
								3	3	3	3	3	3	3	1	1	3	3	3	1	1	1	1	1	3	3	3	3	3	14	



First Row (top)—Isadore Weisenger, Lewis Slott, Manuel Hoenig, Horace Butterworth (Phy. Director); Second Row—Benj. Horwitz, Lewis Mark, Capt., Benj. Appel.

BELMONT AVE. BASKET BALL CHAMPIONSHIP TEAM,  
JUNIOR LEAGUE 1910.

# Newark Public School Athletic Association

## CONSTITUTION AND BY-LAWS.

### NAME.

This Association shall be known as the "PUBLIC SCHOOL ATHLETIC ASSOCIATION OF NEWARK, NEW JERSEY."

### ARTICLE I.

#### OBJECTS.

The particular object for which the Association is formed is to promote useful athletics and gymnastics among the pupils in the elementary and high schools of the city of Newark, New Jersey; in connection therewith, to cooperate with and support athletic associations, provide athletic grounds and teachers, organize games, offer prizes, and conduct competitions.

### ARTICLE II.

#### MEMBERSHIP.

SECTION 1. Membership shall consist of all principals of the city of Newark, the director of physical training and his associates and the director of compulsory education.

SEC. 2. Honorary officers and members may be elected.

### ARTICLE III.

#### DIRECTORS.

SECTION 1. An executive committee of thirteen members shall have control and management of the affairs and funds of the Association.

SEC. 2. An executive committee shall be annually elected by the Association.

SEC. 3. The executive committee shall have power to fill vacancies which may occur in their body from time to time until the next annual election.

SEC. 4. Seven members shall constitute a quorum of the executive committee. An auditing committee, consisting of three members, appointed by the president, shall annually audit the books of the treasurer.

## ARTICLE IV.

### MEETINGS.

SECTION 1. The annual meeting of the Association for the election of officers and for such other matters as may properly come before it shall be held on the second Wednesday in December in each year, due notice of which meeting shall be sent by the secretary to each member. Election shall be by ballot.

SEC. 2. At any meeting of the Association, fifteen members shall constitute a quorum.

## ARTICLE V.

### OFFICERS.

SECTION 1. The officers of the Association shall consist of a president, vice-president, treasurer, secretary, and two assistant secretaries. All officers shall be on the executive committee.

SEC. 2. The officers of the Association shall be annually elected at the meeting of the Association held the second Wednesday in December.

SEC. 3. The president, vice-president, and treasurer shall perform the duties usually performed by such officers.

SEC. 4. The secretary shall attend meetings of the Association and of the executive committee and keep the minutes of the proceedings, recording ayes and nays upon all questions where such a vote shall be demanded by a member. He shall conduct and preserve all correspondence, serve all notices, and perform the usual duties of a secretary. He shall have the custody of all the papers relating to the affairs of the Association.

SEC. 5. The assistant secretaries shall perform such duties as are delegated to them by the secretary and shall assist him in preserving the records and taking the scores of all official events.

## ARTICLE VI.

### COMMITTEES.

SECTION 1. There shall be an executive committee composed of the president, vice-president, treasurer, secretary, assistant secretaries, director of physical training, and six associate members, elected annually by the Association which shall have all powers of the Association when not in session. This committee must meet to transact such business as is necessary on the second Wednesday in January of each year and shall also meet at the call of the president or the vice-president. Seven of this committee shall constitute a quorum.

SEC. 2. The executive committee shall constitute a games committee which shall have charge of all games and athletic events authorized by the Association. This committee shall act upon all protests and complaints which arise in the conduct of any official athletic event. This committee may associate with it for the purpose of conducting athletic meets or gymnastic contests persons who are not members of this association.

SEC. 3. There shall be such other committees as may be authorized by the association or deemed expedient by the president or the executive committee. The members thereof shall be appointed by the president unless otherwise prescribed by the Association.

## ARTICLE VII.

### DISTRICT LEAGUES.

SECTION 1. Girls' and other auxiliary, associate or district leagues, may be established under regulations to be made by the executive committee.

SEC. 2. The Public School Athletic Association of Newark, New Jersey, shall assume control of all district baseball leagues, basketball leagues, football leagues, or such other sports as may be established in the public schools of Newark or in outlying districts which may wish to share the advantages of this organization.

## ARTICLE VIII.

### AMENDMENTS.

These By-laws may be changed or amended by the unanimous vote or the written consent of the Association without previous notice at any meeting of the Association. Also by a two-thirds vote of the Association at any meeting provided notice specifying the intended change shall have been given at a previous stated meeting or such notice shall have been served on each member at least five days before the meeting.

## ARTICLE IX.

### ATHLETIC RULES.

Athletic rules shall be made from time to time by the executive committee and are subject to change when deemed expedient for the best interests of the association.

## Athletic Rules of the Newark Public School Athletic Association

**RULE 1.** The Public School Athletic Association of Newark, New Jersey, recognizes as athletic members all public school boys and girls, members of Newark elementary schools and high schools.

**RULE 2.** Attendance of at least three months in the school system shall be required of all pupils before they shall be entitled to represent their school in athletics. No elementary school pupil coming from another city or town shall represent the school unless he has attended school for twelve school weeks. Only those pupils who in deportment and attention to study have been satisfactory shall be entitled to represent the school in athletics. The age limit for competition in events of the elementary schools shall be from nine to seventeen inclusive. *No boy will be allowed to enter in more than two events, one field event and one track event—except in the relay.* Only pupils who are in the standing of amateurs shall be eligible to represent the school. No entry shall be accepted unless countersigned by the principal of the school.

**RULE 3.** The classification of competing athletes shall be recognized in the name of juniors, intermediate and seniors.

### NEW CLASSIFICATION FOR ALL EVENTS.

Adopted, January 29, 1910.

JUNIOR	Boys must be over nine and under thirteen, and less than four feet, ten inches in height.
INTERMEDIATE	Boys under fifteen, and not over five feet, three and a half inches in height.
SENIOR	Under eighteen, any height.
NOTE	If a boy is over either age or height, he goes into the class above; for instance, a boy twelve years of age, four feet, ten and a half inches high, would be in the INTERMEDIATE class, or, a boy fourteen years of age, five feet, four inches high, would go into the SENIOR class.
NOTE	Measurements to be made in STOCKING FEET.

**RULE 4.** There shall be certain standard events for each classification, qualifications in which will entitle competitors to special buttons.

One button will be given for each event if the standard is made by the contestant. A special button will be given to contestants winning two different standard events at the same meet. A special button equal in value to three buttons will be given to any pupil winning three buttons in different events under these rules. This will necessarily take two years. The standards are as follows:

#### BOYS' STANDARD EVENTS.

JUNIOR	Standing broad jump—6 feet. Chinning the bar—9 times. 50 yard dash—7 3-5 seconds.
INTERMEDIATE	Running broad jump—12 feet. Running high jump—3 feet 6 inches. Chinning the bar—9 times. 75-yard dash—10 3-5 seconds (Time subject to change)
SENIOR	Running broad jump—13 feet. Running high jump—3 feet 9 inches. Chinning the bar—9 times. 100-yard dash—13 1-5 seconds. Class event, a 100-yard dash (80 per cent of the boys in a class to enter).

**RULE 5.** The following shall be a special list of championship events for the elementary schools:

#### BOYS' PRIZE EVENTS.

JUNIOR	50-yard dash. Running high jump. Running broad jump. 440-yard relay race (4 boys to a team).
INTERMEDIATE	75-yard dash. Running high jump. Running broad jump. Standing, hop, step and jump. Putting the 8-pound shot. 600-yard relay race (4 boys to a team.)

SENIOR	100-yard dash. 220-yard dash (boys in this race not eligible for relay). 120-yard hurdle race (all hurdles to be left standing in order to make a record; if more than 3 hurdles are knocked down, contestant is disqualified). Running high jump. Running broad jump. Running, hop, step and jump. Pole vault. Putting the 12-pound shot. 880-yard relay race (4 boys to a team).
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RULE 6. All entries must be in the secretary's hands at such time as designated by the executive committee. Each principal will be provided with an entry blank on which to make formal entries for the several events. The games committee may reject any entry it may deem objectionable.

RULE 7. Prizes will be the same as heretofore, viz., 1st, 2nd, 3d prize. A button will be given for fourth place.

RULE 8. Special trophies will be given as follows:

1. To the school scoring the most points.
2. To the school scoring the most points in standard events.
3. To the school winning the senior relay race.
4. To the school winning the intermediate 600-yard relay race.
5. To the school winning the junior relay race.
6. To the school having the greatest number of points in field prize events.
7. To the school having the greatest number of points in track prize events.
8. To the school having the greatest number of points in both field and track prize events.
9. To the school furnishing the greatest number of competitors who broke last year's records.

RULE 9. In all relay races no more than five teams shall be run in a heat. In all running events no more than six shall be entered in any heat. The captain of each school team shall go with the clerk of the course and see that his men are placed in their proper position on the track.

RULE 10. The uniform entrance fee for all contestants shall be ten cents. Admission to the field for pupils shall be ten cents, adults twenty-five cents.

RULE 11. All athletic meets shall be run according to the rules of the Public School Athletic Association.

RULE 12. Points. First prize shall count five points, second prize three points, third prize two points, fourth place one point. Those teams winning in the relay races are credited with double the number of points mentioned above.

RULE 13. There shall be an official physician in attendance.

RULE 14. Relay teams will be allowed to enter two substitutes in each event.

RULE 15. Outdoor track and field baseball, football and basketball championship meetings shall be held annually at such times and places as may be decided upon by the executive committee.

RULE 16. The awarding of trophies shall be on the basis of a ratio of total number of points to the total registration of the school for the month of April as found in the Superintendent's report. All pupils under one principal shall be considered as constituting one school within the meaning of this rule.

RULE 17. Boys in the senior class running in the 220-yard dash are not eligible for the relay race.

RULE 18. The kindergarten and first years will be omitted from the enrollment of the schools in arriving at the percentage and in reckoning for points and trophies.



## Class Athletics

### 100-YARD DASH.

(80 per cent of the boys of the class to enter.)

The classes of the same grade compete against each other. At least 80 per cent of the boys of the class line up behind the starting marks. The starter stands on the finish line and starts the race by waving a handkerchief. At the signal the first boy of the class runs from the mark, and as soon as he is well off the next boy in line takes his position on the mark, watching the starter. The starter repeats the signal of waving the handkerchief as soon as the first boy has crossed the finish line, and this is repeated until the entire class has run the distance. The stop watch is started with the first signal and is not stopped until the last boy has run. Thus the total time is recorded.

Of course the classes either run the same number of boys in the race or the average time is calculated and the class making the best average wins.

The Judge or Timer calls fouls for the boy who starts before the signal, thereby disqualifying the team.

## Class Events

### Competitive Standing Broad Jump by Classes.

(Every member compelled to take part in the competition unless excused.)

No. of Classes	BEST GRADE BOYS' JUMP	BEST GIRLS' JUMP	BOYS' AVERAGE	GIRLS' AVERAGE	CLASS AVERAGE
49	5B Oliver St., 7	Chestnut, 6	Avon, 5-4	Elliot, 4-3	Elliot, 4-9
42	5A Oliver, 6-9	Avon, 5-6	Belmont, 5-6	Miller, 4-2	Hawtho'e, 4-7
34	6B So. 8th, 8	Bergen, 5-3	South 8th, 6	Chestnut, 4-4	Chest't, 4-10
30	6A' Bergen, 7-6	Sum'r Ave., 6	Elliot, 5-8	Sum'er, 4-9	Bergen, 5-1
27	7B Miller, 7-3	Chestnut, 6	13th Av.. 5-10	So. 10th, 4-8	13th Av., 5
23	7A Bergen, 7-3	Newton, 5-6	So. 10th, 5-10	So. 8th, 4-8	So. 8th, 5-2
19	8B Bergen, 7-9	Hamburg, 6-6	Hamburg, 6	Hamburg, 4-6	Hamburg, 5-3
22	8A Washington, 8 Alex'nder, 8	Alex'nd'r, 5-9	Bergen. 6-6	Miller, 4-5	Bergen, 5-4

## Rules for Conducting An Athletic Meet

### RULE I.

#### OFFICIALS.

Every athletic meet of the Public Schools Athletic Association shall be under the control of the following officials:

The executive committee.

A field marshal.

An assistant field marshal.

A referee.

An assistant referee.

Three or more judges at finish.

Four or more field judges.

Three or more inspectors.

Three or more time keepers.

One starter.

One assistant starter.

One clerk of the course with assistants.

One announcer.

One assistant announcer.

One chief scorer.

One assistant scorer.

One official reporter.

### RULE II.

#### EXECUTIVE COMMITTEE.

The executive committee will have general supervision but shall not interfere with the officials in the performance of their duties. The referees shall settle all protests within their usual power, but those concerning a boy's amateur standing or his attention and deportment must be referred to the executive committee.

### RULE III.

#### REFEREE.

The referees shall decide all questions relating to the actual conduct of the meet, whose final settlement is not otherwise



First Row (top)—Prin. A. J. Glennie, Raymond Ward, Clifford Jewell, Melville McIntyre; Second Row—Harold Hellander, James Grierin, Harry Doyle, Malcolm Ross, Henry Hauser; Third Row—John Gardner, Fred Bioren, Benjamin Rachlin, Frank Zuber, Fred Miller.

MILLER ST. SOCCER CHAMPIONSHIP TEAM, SENIOR LEAGUE, YEAR 1908.

covered by these rules. He shall disqualify for fouls. He shall disqualify for ungentlemanly conduct. He may decide the manner in which ties are to be settled. And the referee alone shall signal the starter that everything is in readiness for the race or event. The referee may delegate his authority when it will facilitate the meet.

#### RULE IV.

##### INSPECTORS.

The inspectors shall watch closely the conduct of all competitors during the meet and in case of a foul, they shall make a report at once to the referee. They have no power to make decisions.

#### RULE V.

##### JUDGES.

The judges shall stand at the finish line and pick the contestants in the order in which they cross the finish line. Their decision is final and without appeal. In case of disagreement the majority shall govern. A competitor crossing the finish line without a number shall not be selected by the judges unless with the consent of the referee. The judges shall measure all distances of field and track events.

#### RULE VI.

##### THE TIME KEEPERS.

They shall time all events which are recorded by time and shall report to the referee. Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted. The flash of the pistol shall denote the actual start of the race or heat.

#### RULE VII.

##### THE STARTER.

The starter shall be in charge of the competitors after they have been assigned to their marks by the clerk of the course.

He shall start the heat or race by the report of a pistol. The following formula shall be used by the starter:

1. "On your marks."
2. "Get set."
3. The report of the pistol.

Until the pistol has been properly discharged, it shall not be considered an actual start, and in case the pistol goes off accidentally, the starter shall recall the competitors by discharging his pistol twice. A false start is one where any part of the person of a competitor touches the ground in front of his mark before the starter properly discharges his pistol. The following penalties are imposed by the starter for false starts: In all races up to and including 125 yards the competitor shall be put back one yard for the first and one more for the second attempt; in races over 125 yards and including three hundred yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards four yards for the first and four more for the second attempt. In races over 1,000 yards and including one mile five yards for the first and five more for the second attempt.

## RULE VIII.

### THE CLERK OF THE COURSE.

The names and numbers of all competitors in each event shall be given to the clerk of the course who shall call them by name and check them off on the programme before the meet is begun. He shall afterwards assign them to their marks. The clerk of the course shall not allow any competitor to start without his number except with the consent of the referee. The assistant clerks of the course shall perform whatever duties are assigned them by the clerk of the course.

## RULE IX.

### THE SCORERS.

The scorers shall keep track of the order in which each competitor finishes and also the time for the event. He scores all points and announces the various winners and the schools who have taken the most points. The Assistant Scorers are

subject to the Chief Scorer and shall perform whatever duties are assigned by him.

#### RULE X.

##### THE MARSHALS.

The marshal shall prevent any but officials and actual competitors from entering upon the track or inner circle or remaining therein.

Any competitor entering into the inner circle and not there for the purpose of competition must leave at once upon the request of the marshal. If, after the second request, the competitor shall refuse to leave the track, the marshal or his assistants must report the matter to the referee who may disqualify the offender. The marshal shall have general oversight of the boys and shall be the general director of the track and field.

#### RULE XI.

##### THE OFFICIAL ANNOUNCER.

The scorers shall make known to the official announcer the results of each event, and he shall announce them to the spectators.

#### RULE XII.

##### OFFICIAL REPORTER.

The official reporter shall receive from the scorers the order of finishing and the time and distance made by the competitors in the field and track events. This information he shall immediately make known to the representatives of the press.

#### RULE XIII.

##### THE INNER CIRCLE.

Only officials and actual competitors shall be allowed within the inner circle. Competitors must leave the inner circle immediately after finishing their event or when requested to do so by the proper authorities.

No attendant, friend, or trainer shall be allowed to accompany the competitors on the track or in field.

## RULE XIV.

### THE COMPETITORS.

The competitors shall report to the Clerk of the Course at the starting point of each competition, after they have been called to the inner circle.

Each contestant must provide himself with a number corresponding to the number opposite his name on the programme. This number he must wear conspicuously while he is competing, and without it he shall not be allowed to start except with the consent of the referee.

If in a dash race the competitor does not confine himself to his own lane, but instead crosses into the lane of his opponent, the referee shall disqualify him. In all races the competitors shall run on that part of the track they were assigned without crossing over in front of their opponents unless they are at least two paces in advance of the nearest competitor. Any jostling, crossing in front of, or otherwise impeding the opponent will disqualify the offender from that event.

The referee shall further disqualify from the meeting any competitor, who in his opinion, is trying to lose, to coach, or otherwise to impede in any way the chances of another competitor. The referee shall notify the Executive Committee of such offence, who will take further action.

Any competitor acting in an ungentlemanly manner, whether towards competitors, spectators, or officials, may be disqualified by the referee from all other participation in competition, and if the referee thinks the offence merits further punishment, he shall make full report on the case to the Public School Athletic Association for further action.

## RULE XV.

### PROTESTS.

Protests against any competitor entering any games may be made verbally or in writing to the Executive Committee before the meet or to the referee during the meet.

If the protest is a claim of foul committed during the meet, the referee shall decide the matter at once.

If possible the Executive Committee shall decide all protests before the events are run off. If it is a case requiring the taking of evidence, the Executive Committee shall decide the matter within one week after the date of the games.

When a contestant is allowed to compete under protest, the prize that he may win shall be withheld until the case is settled.

## RULE XVI.

### THE TRACK.

The distance to be run shall be measured on a line eighteen inches outward from the inner edge of the track.

In straightaway races, distance shall be measured in a direct line from the starting mark to the finish line.

## RULE XVII.

### THE COURSE.

In straightaway races lanes shall be laid out for each competitor by means of stakes driven into the ground to which cord is attached. Each contestant shall run in his own lane.

In all championship races, position shall be drawn for, and the drawing shall be in the names of schools. The Clerk of the Course shall not allot positions. The school having the first choice shall have first position next to pole; the school having second choice, second position, etc. If possible there shall not be two contestants from one school in the same heat.

## RULE XVIII.

### THE FINISH.

The finish of a course shall be represented by a line between two finishing posts drawn across and at right angles to the sides of the track. Four feet above the ground shall be placed a tape attached to both finishing posts.

The finish of any race shall be counted when any part of a competitor's body except his hands and arms shall reach the finish line.

No competitor shall be considered to have finished unless his entire body shall have crossed the finish line.

## RULE XIX.

### RELAY RACING.

A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the

succeeding runner. Failure to do this shall disqualify the team in that event. There shall be judges of relay racing whose duties it shall be to see that all touches are properly made.

## RULE XX.

### THE SHOT.

The shot shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder. All puts shall be made from a circle seven feet in diameter. The circle shall be a painted or whitewashed circle and on one side a stop-board four feet long and four inches high shall be firmly fastened to the ground. In making his put a competitor shall rest his foot against, but not on top of the stop-board.

That put shall be considered a fair put when no part of the body of the competitor touches the top of the stop-board, the circle or the ground outside the circle, provided the competitor shall leave the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be considered foul if any part of the body of the competitor shall touch the ground outside the front half of the circle before the put is measured.

The field judges shall measure each put from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting-go the shot in making an attempt shall be counted as trials without results.

Each competitor shall have three trial puts, and the first, second, and third in the trials shall have three more trials each in the final.

The best put made by a competitor whether made in the trials or finals shall count as his best put, and the result will be decided accordingly.

## RULE XXI.

### RUNNING HIGH JUMP.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

The bar shall be a thin stick two inches in width and shall rest on pins which shall project not more than three inches from the uprights. When the bar is knocked off it shall constitute a trial jump without result.

The height at which the jump shall commence and the height to which it shall be raised at each succeeding jump shall be decided by the field judges.

The height shall be measured from the middle of the bar to the ground in a perpendicular line.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial in a like order, after which those who have failed at the second trial may take their third and final trial at that height.

A competitor may decline to jump at any height in his turn and by so doing, forfeits his right to jump again at the height declined.

If, however, a competitor takes a trial at any height and fails in his first trial he shall not pass the other two trials.

Running under the bar in making an attempt to jump shall be counted as a balk, and three successive balks shall constitute a trial jump.

There shall be no limit to the run a competitor may take before attempting a jump.

## RULE XXII.

### RUNNING BROAD JUMP.

A joist two inches wide on the top shall be sunk at least five inches into the ground so that the top is flush with the running path. The outer edge of the joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break made in the soft ground, or in the turf or earth outside the soft ground, by any part of the body of a competitor.

In front of the scratch line, the ground shall be removed to a depth of three and a width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the competitors finishing one, two, three in the trial jumps shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults, or hand springs of any kind.

### RULE XXIII.

#### STANDING BROAD JUMP.

The feet of the competitor may be placed in any position, but shall leave the ground once only in making an attempt to jump. When the feet are lifted from the ground twice or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forward lifting heels and toes alternately from the ground but may not lift either foot clear of the ground nor slide either foot along the ground in any direction.

In all other respects the rules governing the running broad jump govern the standing broad jump as well.

### RULE XXIV.

#### POLE VAULT.

The height at which the vaulting shall commence and the height to which the bar shall be raised at each succeeding vault shall be determined by the field judges.

The height of the bar shall be measured as in the running high jump. Each competitor shall have the same number of trials as in the running high jump. The method of making trials shall govern as in the running high jump. Displacing the bar counts as a trial.

Leaving the ground in an attempt shall constitute a try.

A line shall be drawn fifteen feet in front of the bar and parallel with it; crossing this line in an attempt shall be a balk.

Two balks shall constitute a try. A competitor may decline to vault at any height, but if he fails at the next height he shall not be allowed to go back and try the height he omitted.

If, however, a contestant takes one trial at any height, he shall not pass the other two trials.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

This pole shall have no assisting devices except that they may be wound or wrapt with any substance for the purpose of afford-

ing a firmer grasp and may have one spike at the lower end. The pole shall be unlimited as to size and weight.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point on the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

## RULE XXV.

### THE HURDLES.

In the 120-yard hurdle race ten hurdles shall be used; height of hurdles to be decided upon by the Executive Committee (present height is two and one-half feet). They shall be placed ten yards apart with the first hurdle fifteen yards distant from the starting point and the last hurdle fifteen yards before the finish line.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, nor shall the performance be considered a record unless every hurdle is left standing.

## RULE XXVI.

### CHINNING THE BAR.

Boys chinning in competition may take any grip they choose (over grip or under grip or over and under grip), but the chinning must be done without swinging and the arms must be extended to full length each time before the chin is raised above the bar. Good form will be insisted upon by the judges. A boy cannot start chinning from a jump; he must hang an instant before commencing.

## RULE XXVII.

### RUNNING.

All runs are started by a pistol shot fired by the starter. The commands given by him preparatory to starting a race are:

1. "On your marks."
2. "Get set."
3. After a short interval the starter fires a pistol.

After the first command the contestants hurry to the starting line and take their places as assigned to them.

At the second command, all make ready for the start, each one assuming the position best suited to his style. Usually the "crouching start" is the better way.

The pistol shot comes next and is the signal to run.. Should anyone start before the pistol is fired he is penalized.

#### RULE XXVIII.

##### STANDING, HOP, STEP AND JUMP.

The competitor shall stand with one foot toeing the mark, the other leg raised clear of the ground, and from this position makes his first hop, landing on the same foot from which the start is made. He shall then make the step to the other foot without pause, and then from this leg, jump landing on both feet. In all other respects the rules governing the Running Broad Jump will govern the Standing, Hop, Step and Jump.

#### RULE XXIX.

##### RUNNING, HOP, STEP AND JUMP.

The rule governing the Running, Hop, Step and Jump is the same as in the Standing, Hop, Step and Jump, except that it shall be made from a running start.

#### RULE XXX.

##### TIES.

In case of a tie, the officials shall raise or lower the bar at their discretion, and those competitors who have tied, shall be allowed one trial at each height.

#### RULE XXXI.

##### COSTUME.

Only the boys with pants reaching approximately to the knees, and shirts that adequately cover the body shall be allowed to compete.

## The Ethics of Competition

### OBEDIENCE TO RULES.

It is impossible to conceive of games without rules; for all they are necessary. They have been carefully thought out by experts, with the intention of making the games interesting, fair to all taking part, and, where great activity is required, as in basketball, football, soccer and baseball, to prevent injury to the players.

Without question, before beginning to play, these should be read, and should be thoroughly understood. Then after a full understanding, the next thing is strict obedience to them. Unfortunately, this is not always the case; at times, in order to gain some advantage over an opponent, or opposing team, there is a temptation to infringe upon the rules, but when one stops to consider the ethics of this, he must confess that such action is absolutely wrong. It is taking an unfair advantage, and may, also, lead to further infringement, which will spoil the game.

### ABIDE BY THE DECISIONS OF THE JUDGES.

To see that rules are strictly carried out, a judge, an umpire, or a referee is appointed, and he is expected to be perfectly unbiased in his decisions. But however careful he may be, now and then, he may make a mistake. At such times, the players should realize the difficulty of his position, and should abide by his decision.

Should, however, a decision be manifestly unfair, the captain of the team is the proper one to protest to the umpire; he is the one to do the talking, and while he is doing it, the other players should keep their places, for there is nothing more undignified than a crowd of baseball players, for instance, rushing towards the umpire, and clamoring their protests. As a matter of fact, they can accomplish nothing because of their noise. Such disputes must be settled by cool heads with quiet argument, and the captain is the one to do it.

If he is unable to make a satisfactory settlement, do not further delay the game, nor refuse to play, but continue under protest, and later such protest can be laid before the proper authorities for their decision.

### GENTLEMANLY CONDUCT.

Sometimes, when games are being played, remarks are made about the personal appearance of an opponent, or his race is

held up to ridicule. Clearly this is not clean sport, and should not be indulged in for a minute. By all means avoid such personalities; ever keep in mind that rarely is a person responsible for his facial appearance, and that all races have good qualities, and have produced great works. A broad minded person looks for good points in others, rather than for some peculiarity.

Sometimes, when there has been a close or a wrong decision, individual players, or even whole teams, or the backers, or all, conduct themselves in a most unbecoming manner. They guy the umpire, hoot and yell, and sometimes indulge in bad language. The same thing sometimes happens when the game is going against a team, and then the opponents are treated in a similar way. It also sometimes happens that players quarrel among themselves, and indulge in unbecoming remarks. Sometimes, after a game, a team and its backers quarrel with their opponents.

All such conduct is not proper, and should be strictly avoided. Be courteous to your superiors, your umpires, and to one another.

It frequently happens that emphasis is put upon the poor plays of the opponents, rather than upon the good plays of one's own team. Such is also the attitude of the backers. It would seem better to applaud the good plays, rather than to jeer at the bad: be generous enough to appreciate and applaud the good plays of your opponents.

A courteous player never attempts to do injury to another. Games won by such foul means were better lost.

#### POSSESS GOOD NERVE.

Frequently, a team competes with one that is far its superior. This is the time when good nerve is required. Don't be discouraged, don't make petty complaints, don't give up the game, but play for all you are worth, and you will not only feel happier yourselves, but you will have the respect of others.

#### TEAM WORK.

When two or more players are on a side, they constitute a team. Clearly when teams play, the individual players must subordinate themselves for the general good of the team. Each must keep in mind that a great responsibility rests upon him in his position, and that as far as possible he should keep that position. It may seem to him, at times, that he should like to take a more active part in whatever play is being made at a particular time, but as a matter of fact failure to play his posi-

tion might lose his side the game. During an entire game, he may not have opportunity to make any marked play, but if he has played his position to his utmost, he should be satisfied in the consciousness of having done his duty. It is this team work that means victory.

#### HONESTY.

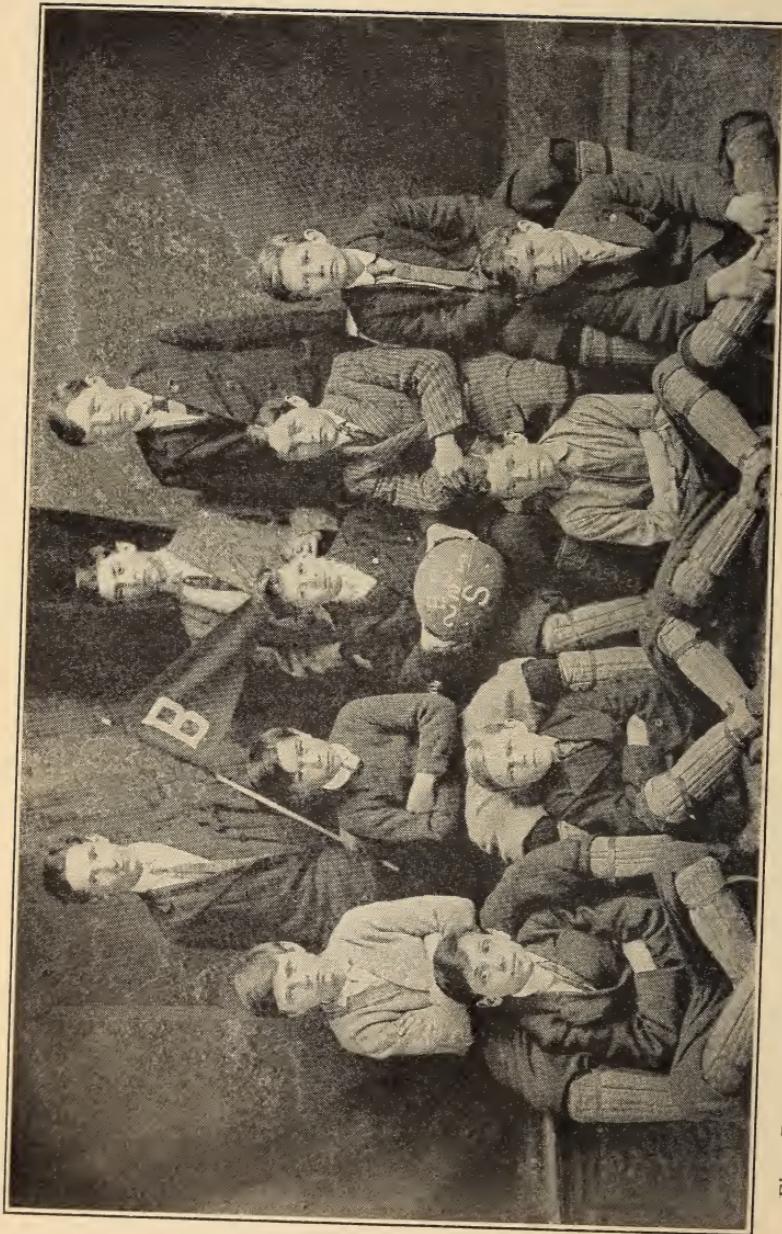
Frequently, a participant is the only one who knows the truth about a play, under dispute, and by keeping silent, or by not telling the truth, points would be gained by his side. At such times, the best course is honesty; tell the truth even though it may hurt your side. Get above the idea of winning at any price.

Usually, classifications are made according to age, and at times there is a temptation to misrepresent the fact, in order to place one's self in a different class. Clearly this procedure will not stand the test of conscience, and should never be attempted.

#### CHARACTER.

In all athletics, keep in mind that while you play to win there is something higher than this. It is Character. Get self-control, play fair, be courteous to all, and ever act like a gentleman.





First Row (top)—Cohn, Marcuse, Wahlers; Second Row—Schroeder, King, Schlecher, Capt., Coddington, Weismiller; Third Row—Hauptman, Rehman, Winget, Waterbury.

BERGEN STREET JUNIOR SOCCER CHAMPIONSHIP TEAM, YEAR 1909.

## Hints on Training

The following are a few suggestions to boys who are endeavoring to better their physical well-being by competing in athletic amusements.

### RUNNING.

If you have speed and lack endurance, run more than your distance at three-quarter speed. If on the other hand you lack speed, run three-fourths your distance at top speed.

### RUNNING BROAD JUMP.

The sprints must be practiced faithfully if one desires to excel in this event. Form should be acquired first of all. The essential points to work for are the stride, the take-off, and the rise after leaving the board. One must practice the sprint until he can reach the take-off board with the same foot in exactly the right place time after time without losing speed. After leaving the board the knees should be drawn up to the chin, and the eyes kept on a point some distance beyond where you are able to jump.

It is well to pace your distance and mark the third and seventh stride. Then you will have two marks to aid you in striking the take-off.

### HIGH JUMP.

Master your form first with the bar at about two feet nine inches, and do not raise it until you are sure of your form. Afterwards the bar may be raised gradually. In this jump also, the stride should be measured as in the broad jump. Your jumping foot should strike the same place every time. Speed is not essential as in the broad jump, but the last few steps should be a quick gathering of the forces together for the final spring.

### SHOT-PUTTING.

Heavy work in the gymnasium during the winter is one of the greatest aids toward putting one in condition for this event. Parallel bar exercises and bag punching are especially good. It will be necessary to learn the form from some person qualified to teach the different parts of the movement for shot-putting is quite complicated, and knack as well as strength is required.

### GENERAL TRAINING.

Don't overdo; don't work until fatigued.

Don't specialize.

Don't take too many hot baths.

Don't do any violent exercise before or one or two hours after a meal.

Strive for an all-round development. Train faithfully for events. Always warm up before a severe exertion; always finish the day's work feeling that you could do more.

Always cool off after exertion with mild exercise.

Get plenty of sleep, plenty of fresh air day and night, and plenty of water.

#### DIET.

Don't drink coffee; don't eat pastry or candy; don't smoke cigarettes; they are fatal to athletes.

Don't over-eat or over-drink.

Eat fruit, beef, mutton, steak, eggs, vegetables, prunes, apple sauce, cheese, rice, peas, beans, tapioca, custard, bread pudding.

Eat no bulky food the day of the race.

Be regular in the meals; have the same well cooked.

#### CLOTHING.

Light weight, sleeveless shirt, trunks that reach almost to the knees, shoes to fit comfortably so that feet will not slide around in them and become chafed.

#### TRAINING FOR SPRINTS.

Master the crouch start.

Don't look around or allow other competitors to worry you. Don't run with the head up in the air or bending backward.

Don't throw the heels up in back; don't run on the heels; don't turn the toes out in running.

Don't make stride too long.

Don't run the full distance at top speed more than once or twice per week.

Don't stop suddenly after you have finished the race.

Don't do too much distance work when training for the sprints.

Use the crouch start for all sprints.

**CRUCH START**—Dig depressions in the track for the feet, one about seven inches in back of the mark and the other about twenty inches back of the first. "On your mark"—Place the fingers on the mark (arms straight), the left foot in the first depression and the right foot in the second, kneeling on the right knee. "Get set"—Raise the back (head well up), and throw the weight well forward so the body weight is divided between the hands and forward leg. At the sound of the pistol, take the

hands away and dive straight forward. Make the first five or six strides short in order to get into stride as soon as possible. Slow down by degrees. Always land running, that is, body inclined forward. Have the body well balanced for the start. Get your stride naturally; don't over-stride at any time. Run straight and true; don't let your competitor pull you out of stride; don't chop your stride; don't be nervous on your mark; don't expect to break records the first year. Alternate fast work one day and some slow work the next. Practice starting four or five times per day when practicing the slow work.

#### HURDLING.

Develop sprinting ability. Clear hurdle in a step and not a jump. Learn to skim the hurdle. Land as quickly as possible after each hurdle. Race between the hurdles. Always land running. Don't slow up when approaching the first hurdle. Take an odd number of steps between hurdles, thus taking off with the same foot. Work hard and progress slowly. Land directly in front of your take-off. Use one knock-off hurdle for practice first. Hurdle three times per week and the other two days practice sprints. Make the first stride between hurdles comparatively short as impetus is obtained here for the others. On the last stride shorten the length without lessening the speed.

#### POLE VAULT.

Develop muscles of the arms, shoulders, and back by gymnasium work. Hold the pole with both thumbs up and parallel to the straight of way. The impetus gained in running and the final leap give the necessary momentum to throw the body over the bar. Find the starting point and the take-off and mark them plainly; then practice until you can strike this spot every time without changing the stride. Hold the pole against the bar and note where it touches. Grasp just under this with the low hand, and if you take off with the left foot this will be the left hand. Now, grasp with the upper hand about eighteen inches above. Practice sprinting first without the pole and then with the pole until an even stride is acquired. When the vault is made, the point of the pole strikes the ground, and the spring from the left leg comes almost simultaneously. The routine of work should include three days at vaulting, and other days practice high jumping and springing. Don't attempt height until the form is thoroughly mastered. Fix the eyes on the middle of the

bar, and don't look at anything else until the body has been raised to it.

#### RUNNING BROAD JUMP.

Determine the location of take-off, and mark the third and the seventh strides from that, so the jumping foot strikes the take-off. Don't attempt too much jumping, for over-exertion may result in a strained tendon. Always limber up first by short sprints, jogs, and easy jumps. On the first attempt, try more for form than distance, and be sure of the take-off. The highest speed should be reached at the take-off and at the moment when the body is gathered for the jump. Unless the speed is considerable the jumper cannot throw his legs forward to the full limit. Get elevation in a jump. To get height, in practice use jumping standards placed some distance from the take-off. Keep the arms well forward and fix the eyes on a point considerably higher than the probable landing point. After leaving the take-off, the knees are drawn up under the chin. Just before landing, the feet should be thrust as far forward as possible. Don't fall back. After one has learned the broad jump practice every other day. Practice sprints to get the speed. Practice running at the take-off. Practice using only three or four steps to get the rise.

#### RUNNING HIGH JUMP.

Every other day is often enough to practice high jumping. The first attempts should be made with a bar about two feet six inches. As form is acquired, gradually raise the bar. As in the running board jump, the place where the stride is reached and the take-off must be determined by experiment and practiced until it can be reached without changing the stride. Have just enough speed in your run to carry the body over the bar after you get your elevation. Emphasize the last four strides. Don't get any higher than is necessary. Practice running from the front and not from the side. Jump with a twist. Turn to the left if you take off with the left foot.

#### SHOT PUT.

Develop the muscles of the arm and back. Parallel bar exercises and bag punching are good. Practice with different weight shots, the heavier for form and the light one for speed. Stop before the fatigue point is reached. Practice putting from

a stand first. Have the shot rest against the shoulder, the elbow well back of it. Use a hop, step and a jump or a glide, step and a jump, in putting the shot. Finish facing the side of the circle. There should be no stop from start to finish. As the right side of the body comes to the front the right arm must be thrown straight outward with much the same motion as used in delivering a direct punch at a bag hanging about on a level with the head. Remember it is a sharp thrust rather than a throw. Put the body weight into the thrust.

#### CHINNING THE BAR.

Use the reverse grasp; that is, with the palms of the hands turned toward the body, and raise the body steadily, don't jerk it or try to swing up. Straighten the elbow in every extension. Practice once or twice every morning just before school and again in the afternoon after school. Don't raise the body more than ten times.

#### RUNNING, HOP, STEP AND JUMP.

Rules for the running broad jump apply here. Don't make the first hop too long. Make the greatest distance in your final jump. Increase the speed from start to finish. In the hop, land on the foot used in taking off; in the step on the opposite foot; and in the jump on both feet.

#### STANDING, HOP, STEP AND JUMP.

In the standing, hop, step and jump, the foot must be raised before the first hop is taken.

#### STANDING BROAD JUMP.

It is permissible to toe over the take-off about one inch and thus get a firm support for the spring forward. The body should be inclined well forward, knees bent, the arms in back. In making spring, throw the arms forward, draw the knees up and shoot the legs forward. Practice the broad jump four or five times a day.



1, Leo Middleton; 2, Fred Herring; 3, Joseph D'Heron; 4, Louis D'Heron; 5, Albert Herring; 6, Harold Simandl; 7, Joseph Goepfert; 8, August Schaub; 9, Anthony Lenak.  
HAWTHORNE AVE. BASE BALL CHAMPIONSHIP TEAM, JUNIOR LEAGUE,  
SOUTHERN DISTRICT 1909.

## Base Ball Leagues of the Newark Public School Athletic Association

At a meeting of the N. P. S. A. held April 3, 1908 the following action was taken:

1.—That there should be two Grammar School Leagues, to be known as the Northern and the Southern Leagues.

2.—That there should be one League to be known as the Primary League.

In 1909, the number of schools entering was so large that the classification was changed to

### SENIOR NORTHERN—OFFICERS.

E. K. Sexton, Pres.; Chris. Wilson, Burnet St., Vice-Pres.; Gray Littel, Elliott St., Sec.; Edw. Furcey, Franklin, Treas.

### SENIOR SOUTHERN—OFFICERS.

R. A. MacDonald, Pres.; Wm. Perna, 18th Ave., Vice-Pres.; Benj. Rachlin, Miller, Sec.; Jno. Schwemmer, Bergen, Treas.

### JUNIOR SOUTHERN—OFFICERS.

S. H. McIlroy, Pres.; Eric Tesche, 14th Ave., Sec. and Treas.

### JUNIOR NORTHERN OFFICERS.

E. S. Pitkin, Pres.; Alfred Schmitt, 13th Ave., Sec. and Treas.

## BASEBALL TEAMS—1909.

### SENIOR.

#### *Northern*

Central Avenue  
North Seventh Street  
Franklin  
Thirteenth Avenue  
Burnet Street  
Summer Avenue  
South Eighth Street  
Elliot Street  
Newton Street

#### *Southern*

Bergen Street  
Hawthorne Avenue  
Miller Street  
South Market Street  
Belmont Avenue  
Eighteenth Avenue  
Alexander Street  
Hamburg Place

### JUNIOR.

#### *Northern*

Seventh Avenue  
Lincoln School  
North Seventh Street  
Warren Street  
Franklin School  
Thirteenth Avenue

#### *Southern*

Camden Street  
Madison School  
Elizabeth Avenue  
Hawthorne Avenue  
Fourteenth Avenue  
Miller Street

## JUNIOR—(Continued.)

<i>Northern</i>	<i>Southern</i>
Newton Street	Belmont Avenue
Burnet Street	Charlton Street
Sussex Avenue	Hamburg Place
Summer Avenue	Hawkins Street
Elliot Street	
Central Avenue	

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## Rules for Governing the Base Ball Leagues of the Newark Public School Athletic Association

RULE No. 1. The city shall be divided into two districts for the present, and the names of the two leagues shall be the Northern District League and the Southern District League.

RULE No. 2. The District League shall have as officers a President, Vice-President, Secretary and Treasurer. The last two offices may be held by one man.

RULE No. 3. The President must be selected from the principals of the city schools. The remaining officers may be selected from the students.

RULE No. 4. A schedule of games, never more than two a week, shall be made by the presidents of the District Leagues and submitted to the Executive Committee of the Athletic Association for approval before the opening of the season.

RULE No. 5. The duties of the Presidents of the District Leagues shall be, beside those usually designated to this office, the selecting of umpires for the games, the providing and assignment of the baseball diamonds to the several teams, and the general oversight of the field of play during the contest.

RULE No. 6. The Vice-President, beside the usual duties of this office, shall aid and abet the authority of the President and may assist the President in selecting the umpires and assigning the diamonds.

RULE No. 7. The Secretary and Treasurer shall perform the usual duties of these offices.

RULE No. 8. All players must be eligible according to the rules of the Public School Athletic Association.

RULE No. 9. Any team playing ineligible members may be dropped from the League in consequence.

RULE No. 10. The official ball shall be adopted each year by the Association. For the year 1910 "E. G. Koenig's League Ball" shall be used exclusively in all games by the Senior

League teams, and the Koenig "Junior Public School League" in all games played by the Junior teams.

RULE No. 11. At least one principal shall be in attendance to supervise each game.

RULE No. 12. On the field of play only the two captains shall be recognized and any dispute arising shall be settled between these two men and the umpire.

RULE No. 13. The official rules shall be the playing rules adopted according to the national agreement for the year.

RULE No. 14. Before the opening of the game the balls must be submitted to the President of the League and to the umpire to be passed upon. A new ball is not required but one satisfactory to these two gentlemen must be provided. Each team must furnish one.

RULE No. 15. All baseballs must be purchased from the Presidents of the several Leagues.

RULE No. 16. All banners or cups shall be provided by the Newark Public School Athletic Association and shall consist of four pennants or cups.

RULE No. 17. Each school shall raise funds for the support of its baseball teams, and shall own and supply all uniforms, bats, balls and baseball paraphernalia.

RULE No. 18. All championship games of the Baseball Leagues shall be played on the baseball diamonds of the Athletic Association, Branch Brook Park, Wequatic Park, or such other available fields as shall be approved of by the Executive Committee of the Association.

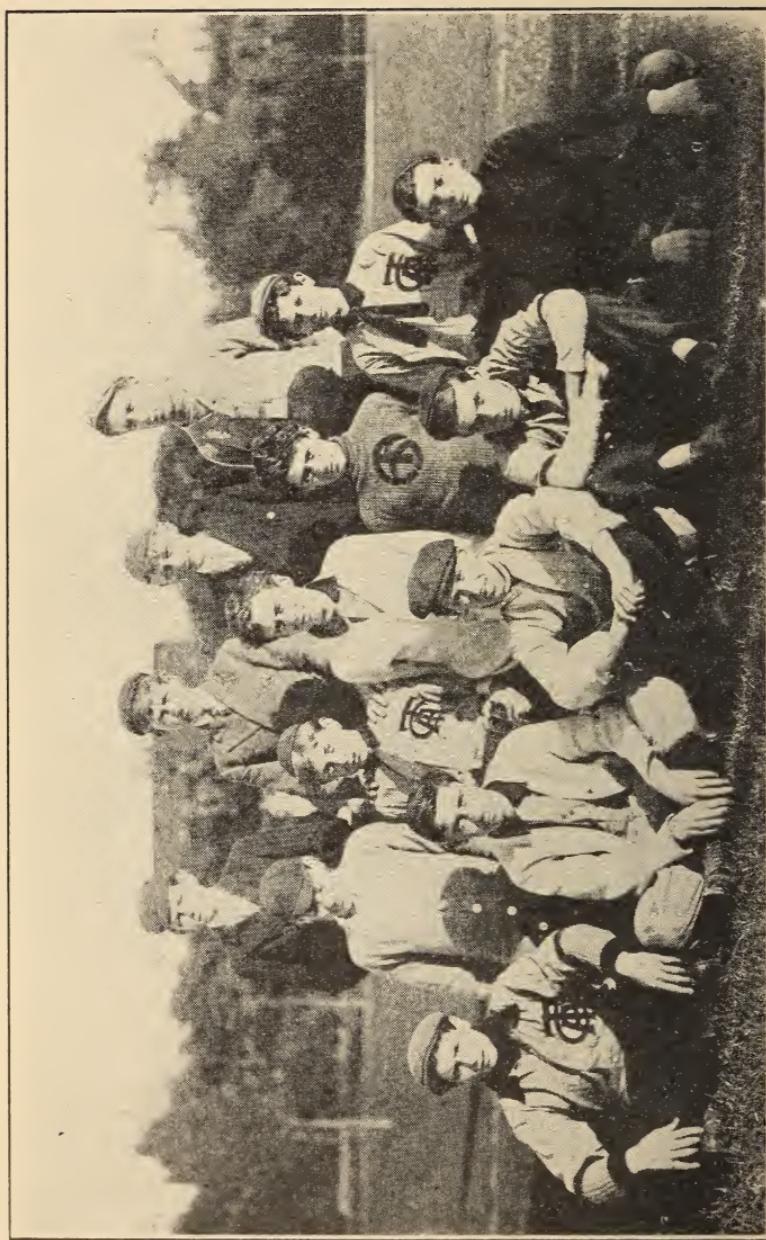
RULE No. 19. The senior team may be taken from any grades in the school. The junior team in Grammar Schools shall be made up of boys under 14 years of age. A junior boy when changed to a senior team can not play upon a junior team in any league game during the rest of the season, nor can a senior boy play on a junior team. All schools having more than six grades shall be classed as Grammar Schools for purposes of baseball, soccer, and basketball.

RULE No. 20. In Primary Schools the junior team may be taken from any grade of such school including the 6th grade.

RULE No. 21. Any boy who receives money for playing in any sport shall be ineligible to play on the school teams.

RULE No. 22. Boys playing on any team must have been a member of the Newark Public Schools twelve weeks previous to the games.

RULE No. 23. There will be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of purchasing trophies.



First Row (top)—John Mulligan, Henry Kohlhoffer and Joseph Holle; Second Row—Max Einhorn; Weiner Holle, Alfred Schmidt, Aaron Lasser, Julius Oaklander, Richard Hains; Third Row—John Oaklander, Capt. Morris Heiman, Louis Cooperman, Alfred Duranti, Julio Canle.

THIRTEENTH AVE. SOCCER TEAM, YEAR 1909.

\* \* \*

## Pennant Winners of the Base Ball Leagues of the Newark Public School Athletic Association

1906.

Won by Franklin School.

1907.

Northern Championship—Newton Street  
Southern Championship—Bergen Street

1908

Northern Senior Championship—Franklin  
Southern Senior Championship—Bergen Street  
Junior League Championship—Franklin

1909

Northern Senior Championship—Franklin  
Southern Senior Championship—Miller Street  
Northern Junior Championship—Thirteenth Avenue  
Southern Junior Championship—Hawthorne Avenue



First Row (top)—Horace Butterworth (Phy. Director), Max Klapholz,  
Sam Fergenbaum, Sidney Raiken; Second Row—Abe Goldfarb; Julius  
Flink, Capt., Sol. Kaplin.

BELMONT AVE. BASKET BALL CHAMPIONSHIP TEAM,  
SENIOR LEAGUE 1910.

## Basketball Leagues of the Newark Public School Athletic Association

**SENIOR LEAGUE**—Belmont Ave., Bergen St., Burnet St., Central Ave., Franklin, Fourteenth Ave., Hamburg Place, Hawthorne Ave., Newton St., South Market St., Thirteenth Ave.

**JUNIOR LEAGUE**—Avon Ave., Belmont Ave., Burnet St., Bergen St., Central Ave., Franklin, Fourteenth Ave., Hawthorne Ave., Thirteenth Ave.

RULE 1. A. A. U. Rules shall govern play.

RULE 2. The rule for membership in senior and junior basketball shall be the same as in baseball and football.

RULE 3. Rules of conduct shall be the same as those that govern all entries in the Newark Public School Athletic Association.

RULE 4. Koenig's "Official" Basket Ball shall be used in all games.

RULE 5. There shall be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of procuring trophies.

1910.

Senior Championship won by Belmont Avenue  
Junior Championship won by Belmont Avenue

Teams of 1910.

### *Senior*

Bergen Street School  
Belmont Avenue School  
Burnet Street School  
Central Avenue School  
Fourteenth Avenue School  
Franklin School  
Hamburg Place School  
Hawthorne Avenue School  
South Market Street School  
Thirteenth Avenue School  
Newton Street School

### *Junior*

Belmont Avenue School  
Bergen Street School  
Burnet Street School  
Avon Avenue School  
Fourteenth Avenue School  
Franklin School  
Central Avenue School  
Hawthorne Avenue School  
Thirteenth Avenue School



First Row (top)—Hoff, Laloc, Hagonian, Parelli; Second Row—Slatin, Anderson, Dobbins, Hughes, Capt.,  
Mullock, Lambright; Third Row—Speiser and Long.

FANKLIN SCHOOL SOCCER CHAMPIONSHIP TEAM, SENIOR LEAGUE 1900.

## Soccer Football Leagues of the Newark Public School Athletic Association

President of the League, Horace Butterworth, Gymnastic and Athletic Instructor, Belmont Ave. School.

RULE No. 1. The rules as adopted by the International Board shall govern the play.

RULE No. 2. The rule for membership in Senior and Junior Soccer League shall be the same as in baseball.

RULE No. 3. Rules of conduct shall be the same as those that govern all entries in the Newark Public School Athletic Association.

RULE No. 4. Rules of Organization for Soccer Football shall be the same as those governing baseball.

RULE No. 5. Koenig's "Official" Soccer Football shall be used in all games.

RULE No. 6. There shall be an entrance fee of one dollar for each team entered from a school. This money is for the purpose of purchasing trophies.

### PENNANT WINNERS.

1908

Championship won by Miller Street

1909

Senior Championship won by Franklin  
Junior Championship won by Bergen St.

### Teams of 1909.

#### *Senior*

Franklin School  
Bergen Street School  
Burnet Street School  
Central Avenue School  
Belmont Avenue School  
Newton Street School  
Miller Street School  
South Market Street School  
North Seventh Street School  
Washington Street School  
Thirteenth Avenue School

#### *Junior*

Bergen Street School  
Bruce Street School  
Burnet Street School  
Camden Street School  
Elizabeth Avenue School  
Franklin School  
Fifteenth Avenue School  
Miller Street School  
Madison School  
Thirteenth Avenue School

## The Girls' Athletics

BRANCH OF THE NEWARK PUBLIC SCHOOL ATHLETIC ASSOCIATION.

The Girls' Branch of the Newark Public School Athletic Association was first inaugurated for the athletic meet in 1906, and its particular object was to give an opportunity to the growing girls of the city to develop bodily health and physical strength by outdoor exercise.

The first competition of the girls consisted of gymnastic drills and exercises taken from the course in physical training and was held on the Orange Oval in connection with the boys' meet on June 5, 1906. It was hoped that with this beginning enough interest would be aroused in the physical development of girls to make some form of permanent outdoor exercise possible for girls. This small beginning proved more successful than the committee had hoped for, though it was shown that the noise of the boys' meet interfered with the attention and interest of the girls' events.

The next year the scope of the athletics for girls was somewhat increased, and besides the classroom gymnastics, certain athletic events were included, and it was decided to divide the city into four general districts and to hold the girls' meet in a central auditorium of each district. About eleven hundred girls took part in these district meets, and the success was phenomenal. In some of the centers the public interest was so great that people had to be turned away from the doors.

In 1908, the girls' meets grew in importance and popularity. Indeed many people consider the girls' meet in the armory to be more interesting than the boys' meet at Wiedenmeyer's Park.

In 1909, a new feature was introduced in the shape of a standard event for the eighth year girls, and a standard pin equal in every way to the boys' button was given to any girl of the eighth grade who could throw the basketball 40 feet.

It is the policy of the Executive Committee of the Public School Athletic Association to encourage the development of suitable forms of exercise and recreation for the great mass of girls in the public schools, and to avoid all evils of over-strain or excitement by carefully selecting the competitive events. The committee recognizes that the question of girls' athletics must be handled in a very different manner from that of the

boys' and in no case has it introduced competition which would do harm to the delicate organism of the growing girl.

The outgrowth of the meets compelled us in former years to separate the girls' athletics from their gymnastics and this year the competitive gymnastics will be discontinued altogether.

In their place there will be given two exhibitions of physical training by the schools of the northern and the southern sections of the city. Six girls and six boys are to be selected from each class, and final exhibitions will be given at the Armory in May where it is hoped more than two thousand children will be seen in interesting gymnastic drills.

This year a decided innovation was made by the committee in establishing standard events for girls in four grades. The girls will be given a pin, the same as the boys are given a button, when they make a standard.

The committee gave careful consideration to the prize events which have obtained for the last two years among the girls, and decided that the events should be the same except that the potato race in the fifth year should be changed to a potato relay race, and the fourth year contest in running changed to a game contest between teams of the fourth year. A few changes were also made in the rules of the other events.

#### GIRLS' ATHLETIC MEET.

There shall be an annual athletic meet held each year for the girls which shall consist of the following events:

#### GIRLS' PRIZE EVENTS.

##### 8—A and 8—B

Oat Bag Relay (contestants to run around a jumping standard, and the first girl not running in each team *must* stand on an 8-inch painted line; the one running with the bag shall run in front of the line and pass the bag back over her head, and afterwards get back on the line; the one receiving it *must* stand on the line until she has passed the bag back.)

##### 7—A and 7—B

Chariot Race with Reins and Driver (driver must get over the finish line in order to finish the race.) Distance 25 yards. Driver must be behind the team. Reins to be 8 feet long.

**6—A and 6—B**

Indian Club and Flag Relay (Flag to be without stick and to be at least 16 inches long.)

**5—A and 5—B**

Potato Relay Race (6 on a team.)

**4—A and 4—B**

Dodge Ball League.

Finals of the North and South Districts championship to be run off at the Athletic Meet in the Armory.

#### GIRLS' STANDARD EVENTS.

**8—A and 8—B**

Throwing the basket ball for distance—40 feet (3 trials.)

**7—A and 7—B**

Throwing the oat bag for height—17 feet (3 trials.) (weight of bag 4 pounds.) Disk 20 inches in diameter.

**6—A and 6—B**

Hand walk the length of a 16-foot horizontal ladder:

(a) Over grasp on sides.

Change from (a) to (b) without touching the floor.

(b) From rung to rung.

**5—A and 5—B**

30 yard dash—5 2-5 seconds.



## Oat-Bag Relay.

For girls in the 8A and 8B grades.

The oat-bag relay race consists of a competition of teams made up of ten pupils from the 8A and 8B grades of each school. The teams line up, one pupil behind another, No. 1 girl standing on the starting line and the rest of the team spread out behind, one in back of the other. Sixty feet back of this starting line there is a second line drawn parallel to the first on which standards are to be placed. In front of the starting line a third line is drawn thirty feet away. The first or No. 1 girl standing on the starting line holds an oat bag approximately eight inches in diameter and weighing four pounds, which she passes at command over her head to No. 2 girl, behind. Each girl in turn passes the bag until it reaches the last or No. 10 girl, who turns and runs to the rear line around the standard which was spoken of as being sixty feet back of the starting line. Here she turns and quickly returns to the starting line passing to right of her team and passes the bag over her head in the same way that the first girl did; then gets back on the line. The successive members of the team thus run to the rear line and to the front until at last the first or number 1 girl has gradually moved back to the last one in the line. She must not only run to the back line, but instead of stopping at the starting line she runs at full speed to the finishing line thirty feet away and crosses it, thereby finishing the race.

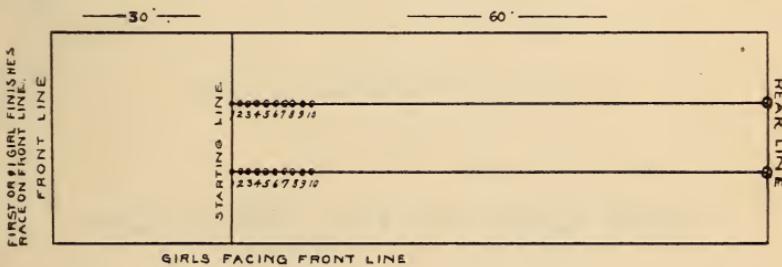


Diagram Illustrating Oat-Bag Relay.

The first girl is responsible for the team being on the line, but this shall not be interpreted as referring to the girl who is running with the bag.

## Chariot Race With Reins and Driver

For girls in 7A and 7B.

The chariot race consists of a competition of teams made up of five pupils from the 7A and 7B grades of each school. The teams line up abreast, the four girls link arms and the driver takes her position 8 feet in the rear of the team. The driver is to have four lines connecting the members of the team. At the word of command they run twenty-five yards forward and circling an Indian club on the right, run back to the starting line which becomes the finishing line. Any breaking of arms or separation of team mates or taking hold of hands will constitute a foul and will debar that team from winning. The driver must get over the finish line in rear of her team in order to finish the race. The lines shall be attached to a harness which passes around the neck and shoulders of each girl in the team.

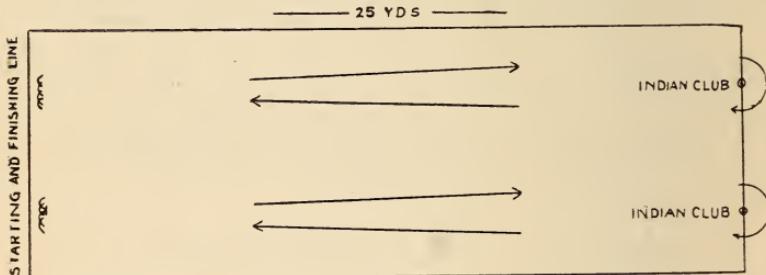


Diagram Illustrating Chariot Race.

## Indian Club and Flag Relay Race.

For girls of the 6A and 6B.

An Indian club and flag relay race consists of a competition of teams made up of six pupils from the 6A and 6B grades of each school. The teams line up as in the oat-bag relay race; that is, one behind the other, the front or No. 1 girl standing on

the starting line and the rest of the team standing behind her. Fifty feet in front of the first girl (in the oat-bag race it is behind) is a line drawn parallel to the starting line and behind the starting line and back of the team, the finish line is drawn twenty feet away (in the oat-bag race this line is in front of the girls). In front of each team on the line fifty feet in front an Indian club is set up. At the word of command the first or No. 1 girl, who holds a United States Flag 16 inches in length without stick, runs to the Indian club in front of her team, circles it with her right side towards the club being careful not to upset it, and returns to the starting line, where the second member or No. 2 girl of the team has taken her position ready to run. As the first runner runs by on the right side of her team mates, she hands the flag to the outstretched right hand of the one on the starting line, who immediately dashes off to circle the Indian club as the first member of the team has done before. Each one in

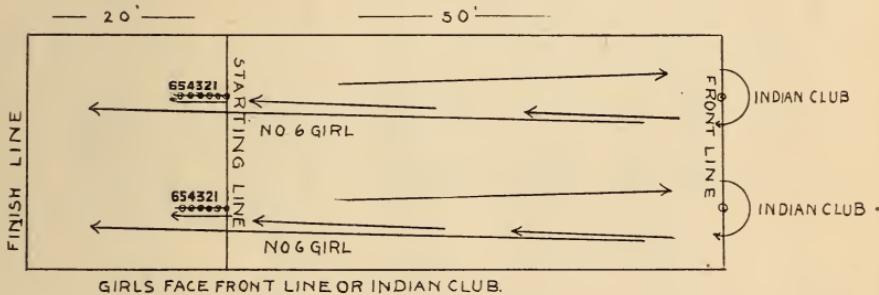


Diagram Illustrating Indian Club and Flag Relay Race.

turn on the team receives the flag, runs around the Indian club, and returns to the starting line where she delivers the flag as above described, and then takes her place back of the line of standing team mates. Each member takes her place back of the one last running, except the sixth member or No. 6 girl of the team. When she receives the flag, she runs around the Indian club, returns and crosses the starting line and continues on to the finish line, which has been said was twenty feet behind the starting line.

The flag should not be dropped throughout the race; but any girl who drops one must pick it up before continuing the race.

If the Indian club is knocked over it must be reset in its original position by the one knocking it down, before the team continues.

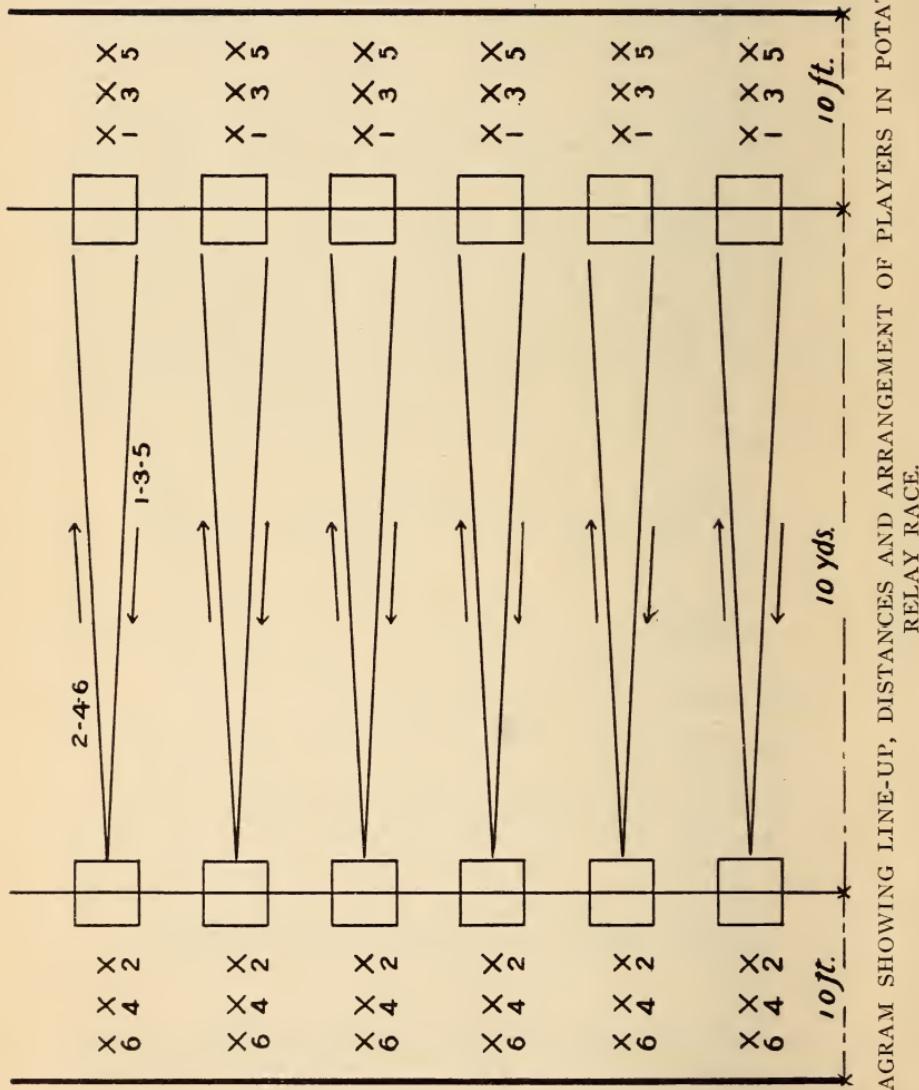


DIAGRAM SHOWING LINE-UP, DISTANCES AND ARRANGEMENT OF PLAYERS IN POTATO RELAY RACE.

## Potato Relay Race

For girls of the 5A and 5B. (6 in a team.)

The Potato Relay Race consists of a team of six girls from the 5A and 5B grades.

The competitors line up standing behind two stands, which are 10 yds. apart. The 1st, 3d and 5th girls stand behind one of the stands and the 2nd, 4th and 6th stand behind the opposite one. At the signal No. 1 takes her place on the right side of her stand. At the pistol shot she runs to the opposite stand from which she brings, one at a time, four potatoes and places them on her own stand, which is empty; having placed the last potato on the stand she runs and touches No. 2 girl, who has taken her place on the right side of her stand, toeing the mark. The touch off is made the same as in the Indian Club Relay. After No. 1 makes the touch off she takes her place on a line 10 ft. back of the starting line. The same order is followed by numbers two, three, four, five and six. No. 6 finishes the race by crossing the opposite starting line and holding up her hand. (Each girl will run 90 yards.)

The potatoes must be on the stand, if they roll off they must be put back by the one who makes the mistake, otherwise the team shall be disqualified.



## Dodge Ball Contest

For girls in the 4A and 4 B.

A Dodge Ball contest consists of sixteen pupils on a side, arranged in the following manner: A circle 36 feet in diameter is drawn and one team takes its place arranged outside the circumference so that the spacing shall be equi-distant between the players. Another team takes its position scattered anywhere inside the circle.

An indoor baseball, seventeen inches in circumference, is given to one of the outside players and at the signal, the ball is thrown in such a manner as to hit one of the players inside the circle. Should the ball hit a player in the circle that player becomes dead, and takes her place on a line which is assigned somewhere

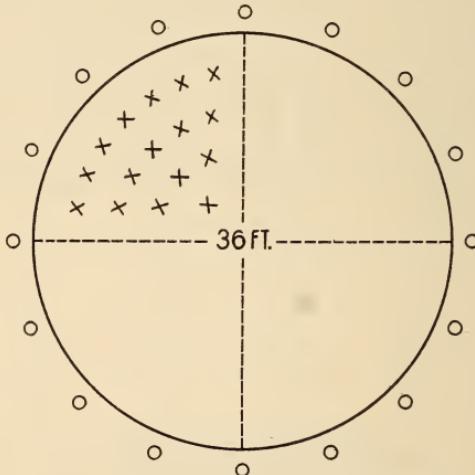


Diagram Illustrating Dodge Ball.

without the field of play. The play is continuous until the expiration of the time limit, which is three minutes.

In the second half the players reverse their positions and at the end of the time the team having the fewest number of dead players wins the game.

The ball is thrown by any player around the circumference. A

player may leave the circle to get the ball, but the ball must not be thrown at the opposing side except from outside the line. A player shall be disqualified if she throws the ball standing on or inside the line. When disqualified she must drop out of the circle and remain on a line drawn on the opposite side of the circle to the dead players, until her team goes to the inside of the circle. A dead player counts one point for the opposing side; a foul counts one point against the side making it. A player, disqualified for throwing the ball either from on or inside line, forfeits one point in addition to being disqualified. A player of the inside team leaving the circle is dead. In case of a tie score, the game shall be awarded to the side making the fewest fouls.

Preliminary games will be arranged for in the various schools and the winners of the leagues will meet at the armory for the final games.

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## Rules Governing Girls' Athletic Contests

1. The competition shall be between girls of the same grade.
2. In case of mixed grades, the contestants shall be classed according to the grade of work in physical training done in the classroom.
3. The judges shall be selected by the executive committee of the Newark Public School Athletic Association.
4. The same rules in regard to deportment and application to study shall apply as to the boys.
5. First, second, and third prizes and a pin for the fourth place will be awarded for each event.
6. First place will count five points, second place will count three points, third place will count two points, fourth place one point.

### POINTS.

7. The points will be counted for these events the same as they are for the boys' athletic events. The points made by the girls will count in the total points made by the school in its

girls' and boys' athletic and gymnastic meets and will, therefore, help a school materially in winning cups and banners.

SPECIAL TROPHIES FOR GIRLS' PRIZE EVENTS.

1. To the school winning the Oat bag relay.
  2. " " " " Chariot race.
  3. " " " " Indian Club and Flag Relay.
  4. " " " " Potato Relay.
  5. " " " " in Dodge Ball.
- 

## Girls' Standard Events

1. Throwing Basket Ball for Distance. 8A and 8B. Distance 40 feet (3 trials).

2. Throwing the Oat Bag for height. 7A and 7B. Round oat bag weighing 4-lbs. Distance 17 ft.—3 trials—(Throw with both hands.)

RULE. The contestant must not jump from the ground and must hit a round disc, 20 inches in diameter. Heels may be raised, but toes must not leave the floor.

Hand Walk on 16 foot Horizontal Ladder. For pupils of 6A and 6B.

The contestant shall place herself under one end of the ladder and without assistance jump and catch overgrasp the sides of the ladder. She shall then "walk" the full distance moving one hand at a time. When she has reached the end she shall turn around, and grasp the first rung of the ladder, and then "walk" back on the rungs.

Only one trial shall be allowed.

30 yard dash. For pupils of 5A and 5B. Time 5 3-5 seconds.

## Physical Training Exhibition

Given in the Armory at 3:30 P. M. by the Southern District on June 1, and by the Northern on June 2.

**8A**—6 girls and 6 boys.

Eulah.

Two wand drills. (16 counts for each exercise, holding position 2 counts.)

**8B**—6 girls and 6 boys.

Tactics.

Close order—march!

Position!

Mark time—march!

Open order backward—march!

Class halt!

Close order—march!

Position!

Count off!

About face!

Open order forward and facing about individually—march!

Right hand—salute!

Forward—march! To the rear—march!

Lesson VIII., Ex. 2 of Syllabus for Grammar Grades.

Trallen.

Danish Dance of Greeting.

**7A**—6 girls and 6 boys.

Irish Lilt.

Game—Blackboard Relay.

**7B**—6 girls and 6 boys.

Gymnastics:

Lesson III., introductory exercise on page 91 of Syllabus for Grammar Grades.

Lesson I., exercise 5.

“	I.,	“	8.
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“	II.,	“	5.
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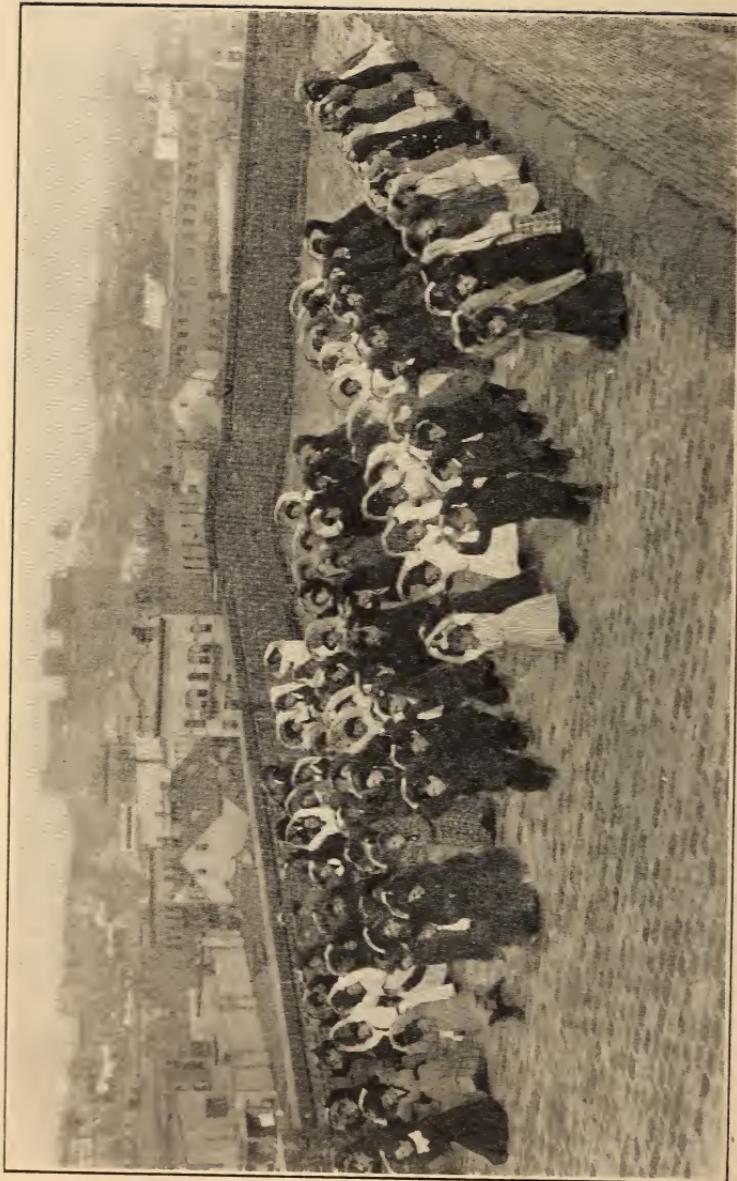
“	III.,	“	7.
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“	IV.,	“	3.
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“	IV.,	“	6.
---	------	---	----

“	VII.,	“	9.
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GYMNASIATIC DRILL ON MORTON STREET SCHOOL ROOF.



6A and 6B—4 girls and 4 boys.

Marching with foot and arm movements.

Point step forward, backward, and two step with arm movements.

Point step forward, sideways, and backward with head and arm movements.

Marching with arm exercise (page 62 of Syllabus).

Three marching steps and a hop (page 64 of Syllabus). Two step.

Marching with an appel (page 67 of Syllabus).

Marching with single point step forward (page 79 of Syllabus).

Balance step right and left with arm movements and two step (page 81 of Syllabus).

5A—4 girls and 4 boys.

Gymnastics:

Lesson I.,	exercise I.	
" II.,	" 5.	
" IV.,	" 12.	
" VI.,	" I.	
" V.,	" 8.	
" VI.,	" 3.	
" VIII.,	" 12.	
" IX.,	" 4.	
" IX.,	" 4.	

5B—4 girls and 4 boys.

Gymnastics:

Lesson I.,	introductory exercises.	
" I.,	exercises 1 to 8 inclusive.	
" III.,	exercise 15.	
" V.,	" 4.	
" V.,	" 15.	
" VI.,	" 2.	
" VII.,	" 6.	
" IX.,	" 8.	

4A—4 girls and 4 boys.

Polka Series.

Gymnastics:

Lesson I.,	exercise 5.	
" IV.,	" 4.	
" IV.,	" 12.	
" IV.,	" 13.	
" VI.,	" 4.	
" IX.,	chasse and marching.	

Game—Dodge Ball.

## Exhibition Drills

At the exhibition of the North District, the Hamburg Place and Belmont Avenue gymnasium instructors will give a selected exhibition of not longer than ten minutes each; in the South District, the Bergen Street and Hawthorne Avenue instructors will do the same.

### *North District Schools*

Normal & Training  
Abington Avenue  
Alexander Street  
Ann Street  
Bruce Street  
Burnet Street  
Central Avenue  
Elliot Street  
Fifteenth Avenue  
Franklin  
Hamburg Place  
Hawkins Street  
Lawrence Street  
Lincoln  
Newton Street  
North Seventh Street  
Roseville Avenue  
Seventh Avenue  
South 8th Street  
South Market Street  
Summer Avenue  
Summer Place  
Sussex Avenue  
Thirteenth Avenue  
Warren Street  
Webster Street

### *South District Schools*

Avon Avenue  
Belmont Avenue  
Bergen Street  
Camden Street  
Charlton Street  
Chestnut Street  
Eighteenth Avenue  
Elizabeth Avenue  
Fourteenth Avenue  
Hawthorne Avenue  
Lafayette Street  
Livingston Street  
Madison Street  
Miller Street  
Monmouth Street  
Morton Street  
Oliver Street  
South Street  
South 10th Street  
Walnut Street  
Washington Street  
Wave-ly Avenue

## A Big Sporting Goods House.

Has Just Been Incorporated in Newark, New Jersey—Thirty-five Years of Success—Now Styled “E. G. Koenig's Sons.”



ALBERT S. KOENIG  
President of E. G. Koenig's Sons,  
Newark, N. J.

In 1864, at the age of 16, he enlisted in the Union army and remained there until the close of the war, when he went to Newark and started in the engraving business. He had a small room on the second floor in the building at No. 117 Market street, and in a small showcase outside he displayed the revolvers he engraved. One sale followed another, and, being encouraged by his success, Mr. Koenig rented a small store, where he could make a better showing, and still keep up his engraving business. In 1880 he moved to the corner of Broad and William streets, and the first year in the new store he more than doubled his sales of the previous year. Six years after, at the age of 38, Mr. Koenig died.

The business was successfully continued by the widow, Mrs. Rosa Koenig, and during her management continued to grow and prosper. At the age of 16, Albert S. Koenig entered the business, and a few years later the second son, Edwin G. Koenig, entered the business, having received his early training in New York City. A few years after the two sons

EVERY day, instances of the result of persistent, brainy, keeping - everlastingly - at - it methods crop out; a case in point is that of a live sporting goods concern in Newark, N. J.—the house of E. G. Koenig's Sons, the history of which reads most interestingly, not only because it spells “Success,” but because it shows what increasing effort along definite lines can accomplish.

The Koenig organization, known since its establishment, in 1872, as E. G. Koenig, has just been incorporated under the name of E. G. Koenig's Sons.

Mr. E. G. Koenig, the founder, was born in Saxony, Germany, having come to this country with his parents at the age of six.

entered the business, the active management was turned over to them, and the widow, Mrs. Koenig, retired to private life.



EDWIN G. KOENIG  
Secretary and Treasurer  
E. G. Koenig's Sons

from developing and printing to enlarging and framing.

All told, there are employed in the Koenig establishment from 25 to 30 people, with an expert in charge of each department.

Other departments of the Koenig business, where lines that are of a distinctly sporting nature, such as foot ball, base ball, basket ball, tennis, track athletics, etc., etc., have received remarkable impetus the last few years, owing to the wise and studied efforts of the house in catering to, and "gunning" for team and club orders. In every instance, salesmen, thoroughly familiar with the sports in question are used to follow up team managers, wherever practicable; where distance prohibits personal work, a remarkably well organized mail order department cares for the business from inquiry to sale, samples, (swatches or goods) being used unstintedly. The successful outcome of the Koenig sales efforts in the team and club direction is nowhere so pronounced as in their base ball uniform line. Actual records show that many of America's leading teams rely on this house, year after year, for their complete outfittings, a fact that speaks volumes for the fair and square dealings characterizing the Koenig methods.

—Extract from article in the "Sporting Goods Dealer" February, 1908.

In 1900 the property occupied by the Koenigs all these years was bought by them. In 1905 still further enlargements were made by the erection of an extension to the main building.

The house is generally recognized as the oldest and largest gun and sporting goods store in New Jersey, and is credited with being one of the most attractive stores in the country, operating, among others, the following departments: Guns, fishing tackle, athletic goods, art supplies, cutlery, cameras, etc.

On the second and third floors the most recently organized department has been located: it is known as the Finishing Department, and here every phase of photographic work is undertaken,

# Koenig's "Championship"

## Tennis Ball

APPROVED BY U. S. N. L. T. A.

Perfect Inflation, Perfect Covering, Perfect Sewing. Regulation size and weight. Best in every detail—made to our special order by one of the foremost tennis ball manufacturers in the country.



PRICE, - - 45 CENTS EACH  
Three for \$1.25, \$5.00 per dozen

Money unhesitatingly refunded for  
any ball that's not found right.

## E. G. Koenig's Sons

875 Broad St., Horner William, Newark, N. J.

# Koenig's League Ball

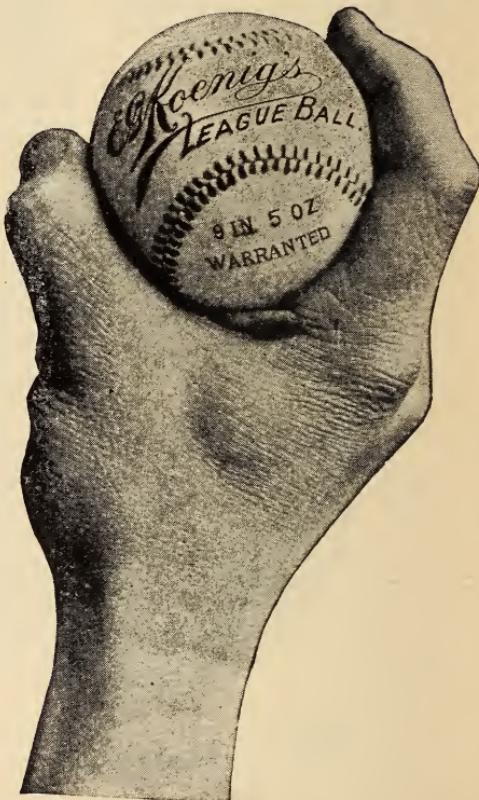
made according to  
rules of National  
League — regulation  
size and weight. Para Rub-  
ber center, best  
of construction  
throughout.

Guaranteed to  
last an entire game

#### ADOPTED BY

Newark City League,  
Newark Public  
School League,  
Branch Brook League,  
Weequahic League,  
Essex Co. Jr. League  
Metropolitan League,  
Manufacturers League

—  
**PRICE**  
**\$1.00 each**  
**Per Dozen**  
**\$10.50**



## E. G. Koenig's Sons

**875 Broad St., Horner William, Newark, N. J.**

# **ATTENTION**

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## **BASE BALL LEAGUES**

We will present to the winning Club of any Professional or Amateur League adopting the Koenig Official League Ball, a beautiful silver, gold-lined

## **Loving Cup Free**

Write us at once, giving name of your dealer, and we will give you full particulars.

The Koenig "Official" League Ball conforms exactly to league specifications and nothing but the very best materials are used throughout its construction—guaranteed to last a full game.

It is used by scores of professional and amateur leagues because it has proved that it is more reliable than any other ball.

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## **E. G. Koenig's Sons**

**875 Broad Street, Newark, N. J.**

MAY 10 1910

# TRACK SUPPLIES

*Quality First—Then Price.*



Made to stand the unusual strain that these goods are subjected to, and being used exclusively by the leading athletes of clubs, colleges, high schools and public schools, prove positively they are

**MADE RIGHT**

## OUT-DOOR RUNNING SUITS.

No. 1.	No. 2.	No. 3.
G Shirt, White..... .50	K Shirt, White....\$1.00	C Shirt, White....\$1.50
2 WR Run. Pants.. .50	2 WR Run. Pants.. .50	2 WR Run. Pants .. .50
No. 1 Shoes ..... .75	No. 20 Spiked Shoe 3.00	No. 21 Spiked Shoe 3.75
Retail . . . . . \$1.75	Retail.... . . . . \$4.50	Retail. . . . . \$5.75
Combination Price \$1.50	Combination Price \$3.90	Combination Price \$4.90

**No. 24 Koenig's Jock Suspensory, All Elastic, 75c. Each**

*E. & Koenig's Sons*

875 Broad St. (Korner William) Newark, N. J.

One copy del. to Cat. Div.

OK 10 20



# Koenigs *base-ball* Uniforms

Are made to wear well—they will retain their neat appearance even with rough usage. They combine good workmanship, best quality of flannels and at a price within reach of all.

¶ This particular department of our establishment is under the direct supervision of an experienced designer and cutter—a man who has spent years in manufacturing base ball togs that have always given satisfaction.

¶ A base ball uniform will not be satisfactory—no matter how well made, if the flannel that enters into the garment is not of the very best quality. We are particularly proud of the flannels which we put into our base ball clothes—they are extra quality and above all else are expressly woven for base ball uniforms.

¶ Koenig Base Ball Uniforms are sold with an absolute guarantee of satisfaction or money back.

SAMPLES OF FLANNEL AND PRICES FREE  
ON REQUEST.

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E. G. Koenig's Sons

875 Broad Street

Newark, N. J.



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BROAD AND WILLIAM

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E. G. KOENIG'S SONS

875 Broad Street, (Korner William) Newark, N. J.